



# Bean Sloppy Joes on Ciabatta

with Guacamole and Cheese

Family 20 Minutes • Mild Spice • 3 of your 5 a day • Veggie

11



-  Mixed Beans
-  Carrot
-  Baby Gem Lettuce
-  Central American Style Spice Mix
-  Finely Chopped Tomatoes with Onion and Garlic
-  Vegetable Stock Paste
-  Mature Cheddar Cheese
-  Ciabatta
-  BBQ Sauce
-  Avocado
-  Lime

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Sieve, Bowl, Peeler, Frying Pan, Grater and Baking Tray.

## Ingredients

	2P	3P	4P
Mixed Beans	1 carton	1½ cartons	2 cartons
Carrot**	1	2	2
Baby Gem Lettuce**	1	2	2
Central American Style Spice Mix	1 pot	1 pot	2 pots
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Mature Cheddar Cheese** <b>7)</b>	60g	90g	120g
Ciabatta <b>11) 13)</b>	2	3	4
BBQ Sauce <b>13)</b>	32g	64g	64g
Avocado	1	2	2
Lime**	½	1	1
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	½ tsp	¾ tsp	1 tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	<b>644g</b>	<b>100g</b>
Energy (kJ/kcal)	2996/716	465/111
Fat (g)	34	5
Sat. Fat (g)	11	2
Carbohydrate (g)	72	11
Sugars (g)	20	3
Protein (g)	27	4
Salt (g)	5.01	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



## Get Prepped

**a)** Drain and rinse the **mixed beans** in a sieve. Pop half of them into a bowl and crush them with a fork.

**b)** Trim the **carrot** (no need to peel). Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you get to the carrot core.

**c)** Trim the **baby gem** then halve lengthways. Thinly slice widthways.



## Assemble the Sloppy Joes

**a)** Cut the **ciabattas** in half. Place them on a baking tray, cut-side up, and pop under your grill to toast, 3-4 mins. Once toasted, remove the tray.

**b)** Once the **bean mix** is cooked, stir in the **BBQ sauce**, and spoon onto the **ciabattas**.

**c)** Sprinkle over the **grated cheese** and grill again until melted, 3-4 mins.



## Make the Bean Mix

**a)** Heat a drizzle of **oil** in a large frying pan.

**b)** When hot, add the **whole mixed beans** and the **Central American style spice mix** and stir-fry for 1-2 mins.



## Finish the Sauce

**a)** Add the **chopped tomatoes**, **crushed beans** and **vegetable stock paste** to the pan.

**b)** Season with **salt** and **pepper**, mix together and bring to the boil. Reduce the heat to medium and simmer until thickened, 5-6 mins.

**c)** Whilst the **sauce** cooks, preheat your grill to high and coarsely grate the **Cheddar cheese**.



## Guacamole Time

**a)** Meanwhile, slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh into a bowl.

**b)** Halve the **lime** and add a squeeze of **lime juice** to the **avocado** along with a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

**c)** Mash roughly with the back of a fork. Taste and add more **lime**, **salt** and **pepper** if needed.



## Time to Serve

**a)** Add another squeeze of **lime juice** to a medium bowl along with the **olive oil for the dressing** and **sugar** (see ingredients for both amounts). Mix well.

**b)** Pop the **chopped baby gem** and **carrot ribbons** into the bowl with the **dressing** and toss to combine.

**c)** Divide the **topped ciabattas** between your plates (2 per person), then serve with the **guacamole** on top. Pop the **salad** alongside.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.