



Beef Sloppy Joes on Ciabattas with Guacamole

Rapid 20 Minutes • Little Heat • 1.5 of your 5 a day

12



Beef Mince



Carrot



Central American-Style Spice Mix



Finely Chopped Tomatoes with Onion and Garlic



Ketchup



Cheddar Cheese



Ciabatta



Avocado



Lime

Before you start

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

Cooking tools, you will need:

Frying Pan, Coarse Grater and Baking Tray.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Carrot**	1	2	2
Central American - Style Spice Mix	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Ketchup 10	1 sachet	2 sachets	2 sachets
Cheddar Cheese 7 **	30g	45g	60g
Ciabatta 11 13	2	3	4
Avocado**	1	2	2
Lime**	½	1	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	585g	100g
Energy (kJ/kcal)	3448 / 824	589 / 141
Fat (g)	43	7
Sat. Fat (g)	15	3
Carbohydrate (g)	67	11
Sugars (g)	24	4
Protein (g)	40	7
Salt (g)	3.79	0.65

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

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You can recycle me!



Get Started!

- Heat a large frying pan over high heat with a drizzle of **oil**.
- Once hot, add the **mince**, breaking it up with a spoon, and cook until golden brown, 3-4 mins. **TIP:** Drain any excess fat from the pan. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.
- Meanwhile, trim and coarsely grate the **carrot** (no need to peel).
- Once browned, add the **carrot** to the **mince** along with the **Central American-style spice mix** and cook, stirring, for 2 mins.



Finish the Prep

- Halve the **ciabattas** horizontally.
- Place the **ciabattas** on a baking tray cut side up.
- Once the **beef** is cooked, divide it between the **ciabattas**.
- Sprinkle over the **grated cheese**.
- Place on the top shelf of your grill for 3-4 mins until the **cheese** is nicely melted.



Finish the Sauce

- Add the **chopped tomatoes** and **ketchup** to the **mince**.
- Season with **salt** and **pepper** and simmer until thick and tomatoey, 5-6 mins. **TIP:** Add a splash of water if the beef mixture is looking a little dry.



Avocado Time!

- 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.
- Add a squeeze of **lime juice** with a drizzle of **olive oil** and a pinch of **salt** and **pepper** and mash roughly with the back of a fork.
- Taste and add more **lime** if needed.



Cheese Time!

- Meanwhile, pre-heat your grill to high and coarsely grate the **Cheddar cheese**.



Serve!

- Divide the **filled hot ciabattas** between plates and serve with the **guacamole** on top.

Enjoy!