



More than Food

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Smoky Sloppy Joes

with Pickled Red Onion, Shredded Carrot Salad, and Cilantro-Lime Vinaigrette

Get ready for a cafeteria throwback. We're stepping up classic Sloppy Joes with pickled onion and deep, smoky spices. A crisp side salad with tangy dressing finishes off the dish with a bang.



30 min



level 1



nut free



Ground Beef



Red Onion



Carrot



Mixed Greens



Jalapeño



Lime



Cilantro



Hamburger Buns



Crushed Tomatoes



Cumin



Chili Powder



Honey

Ingredients

	2 People	4 People
Ground Beef	10 oz	20 oz
Red Onion	1	2
Mixed Greens	3 oz	6 oz
Carrot	6 oz	12 oz
Jalapeño	1	2
Lime	1	2
Cilantro	¼ oz	½ oz
Hamburger Buns	1) 2) 3)	4
Crushed Tomatoes	1 box	2 boxes
Cumin	1 t	2 t
Chili Powder	1 t	2 t
Honey	1 t	2 t
Olive Oil*	3 T	6 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk
- 3) Soy

Tools

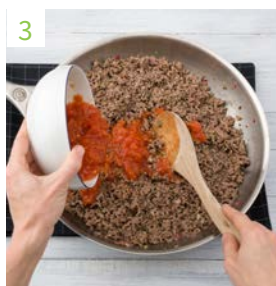
Small Bowl, Large Bowl,
Large Pan, Box Grater

Nutrition per person Calories: 797 cal | Carbs: 79 g | Fat: 39 g | Protein: 38 g | Fiber: 9 g | Sodium: 1004 mg



1 Preheat the oven to 350 degrees (you can skip this step if you have a toaster!). Halve, peel, and finely dice the **red onion**. Grate the **carrots** with a box grater. Finely chop the **cilantro**. Juice the **lime** into a large bowl. Mince the **jalapeño**, removing the ribs and seeds if you prefer less heat.

TIP: Make sure to thoroughly wash hands and surfaces after handling the **jalapeño**. The heat is transferable and can burn more than just your throat!



2 **Pickle the red onion:** in a small bowl, combine **half the lime juice** and **half the diced onion**. Set aside.

3 **Make the sloppy joe mixture:** heat **1 Tablespoon oil** in a large pan over medium-high heat. Add the **jalapeño** and the **remaining red onion** to the pan and cook, tossing, for 4-5 minutes until softened. Add the **ground beef** to the pan and cook, breaking the beef up into pieces, for 3-4 minutes until browned and cooked through. Season with **cumin**, **chili powder**, **salt**, and **pepper**, to taste. Reduce heat to medium-low and stir the **tomatoes** into the pan. Simmer for about 15 minutes, until very thick. Taste and adjust seasoning.



4 **Make the cilantro-lime vinaigrette:** in the large bowl with the **remaining lime juice**, combine the **cilantro**, **2 Tablespoons oil**, and **1 teaspoon honey**. Season with **salt** and **pepper**.

5 Halve the **hamburger buns** then place in the oven to toast for 3-5 minutes. If you have a toaster, toast for 3-5 minutes until golden brown instead.

6 **Make the shredded carrot salad:** when the **sloppy joe mixture** is ready, toss the **mixed greens** and **carrots** into the **cilantro-lime vinaigrette**.

7 Scoop the **sloppy joe mixture** onto the **buns** and top with the **pickled red onion**. Serve alongside the **shredded carrot salad**. Enjoy!



Ruler

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