



# Beef Sloppy Joes on Ciabattas with Guacamole

**Rapid** 20 Minutes • Little Spice • 1 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, Wooden Spoon, Grater, 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 <b>10)</b>	1 sachet	2 sachets	2 sachets
Cheddar Cheese <b>7)**</b>	30g	45g	60g
Ciabatta <b>11) 13)</b>	2	3	4
Avocado**	1	2	2
Lime**	½	1	1

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

## Nutrition

for uncooked ingredient	Per serving 585g	Per 100g 100g
Energy (kJ/kcal)	3431 /820	586 /140
Fat (g)	44	8
Sat. Fat (g)	15	3
Carbohydrate (g)	67	11
Sugars (g)	23	4
Protein (g)	39	7
Salt (g)	3.98	0.68

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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HelloFresh UK

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 You can recycle me!



## Get started!

**a)** Heat a large frying pan over high heat with a drizzle of **oil**. Once hot, add the **mince**, breaking up with a spoon, and cook until golden brown, 3-4 mins. **TIP:** Carefully drain off any excess fat from the pan if desired.

**b)** Meanwhile, trim and coarsely grate the **carrot** (no need to peel).

**c)** Once browned, drain any excess fat from the **beef**, then add the **carrot** to the pan along with the **Central American-style spice mix** and cook, stirring, for 2 mins.



## Finish the Prep

**a)** Halve the **ciabattas** horizontally. Place them on a baking tray cut-side up.

**b)** Once the **beef** is cooked, divide it between the **ciabattas**.

**c)** Sprinkle over the **grated cheese**.

**d)** Place on the top shelf of your grill for 3-4 mins until the **cheese** is nicely melted.



## Finish the Sauce

**a)** 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. **IMPORTANT:** The beef mince is cooked when no longer pink in the middle.



## Avocado 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.

**b)** Remove the stone then scoop out the flesh into a bowl.

**c)** Chop the **lime** and add a squeeze of this, a drizzle of **olive oil** and a pinch of **salt** and **pepper** to the **avo**. Mash roughly with the back of a fork. Taste and add more **lime** if needed.



## Cheese time!

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



## Serve!

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

## 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.