



AUG
2016

Seitan Sloppy Joes with Arugula Salad

When Freida and Nate, our HelloFresh chefs, set out to create a vegetarian sloppy joe, they were determined to maintain all the flavor of the classic meat version. And guess what? They totally pulled it off. Make sure you have lots of napkins on hand for this feast—you're going to need them!



Prep: 10 min
Total: 35 min



level 1



nut
free



dairy
free



veggie



Seitan
Crumbles



Button
Mushrooms



Hamburger
Buns



Tomato
Paste



Yellow
Onion



Southwest Spice
Blend



Garlic



Red Wine
Vinegar



Honey



Zucchini



Arugula

Ingredients

	2 People	4 People	
Seitan Crumbles	1) 2)	8 oz	16 oz
Button Mushrooms		4 oz	8 oz
Hamburger Buns	1)	2	4
Tomato Paste		6 oz	12 oz
Yellow Onion		1	2
Garlic		2 Cloves	4 Cloves
Southwest Spice Blend		1 T	2 T
Red Wine Vinegar		2 T	4 T
Honey		2 T	4 T
Zucchini		1	2
Arugula		2 oz	4 oz
Olive Oil*		4 t	8 t

*Not Included

Allergens

1) Wheat

2) Soy

Tools

2 Large pans, Medium bowl

Ruler

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Nutrition per person Calories: 642 cal | Fat: 16 g | Sat. Fat: 1 g | Protein: 45 g | Carbs: 87 g | Sugar: 34 g | Sodium: 694 mg | Fiber: 9 g



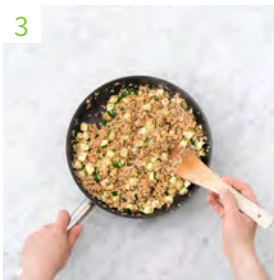
1

1 Prep: Wash and dry all produce. Preheat the oven to 400 degrees. Have, peel, and dice the **onion**. Mince the **garlic**. Finely dice the **zucchini**. Finely chop the **mushrooms**.



2

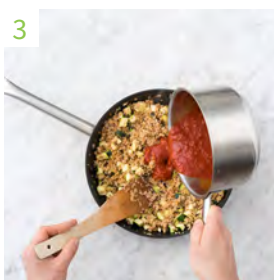
2 Make the sauce: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **onion** and **garlic** to the pan. Cook, tossing, for 2-3 minutes, until softened. Add the **Southwest seasoning** and cook an additional 2 minutes. Season with **salt** and **pepper**. Add the **tomato paste** and stir to coat. Add the **honey**, **1 cup water**, and **half the vinegar** to the pan. Simmer 10 minutes, until thickened. Season with **salt** and **pepper**.



3

3 Make the filling: While the **sauce** simmers, heat a large drizzle of **olive oil** in another large pan over medium-high heat. Add the **mushrooms** and **zucchini** to the pan. Cook, tossing, for 5-7 minutes, until softened. Stir the **seitan** and **sauce** into the pan. Cook another 2-3 minutes, until heated through.

4 Toast the buns: Place the **buns** in the oven to toast 3-5 minutes until golden brown.



3

5 Toss the salad: Toss the **arugula** in a medium bowl with a drizzle of **olive oil** and the remaining **vinegar**. Season to taste with **salt** and **pepper**.

6 Assemble the sloppy joe: Fill the **buns** with as much **seitan sloppy joe** filling as possible. Serve the **arugula salad** alongside and enjoy! **TIP:** Leftover filling makes a great pasta sauce for another night!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

