



# MARLEY SPOON



## Lentil Sloppy Joes

 20-30min  2 Portions

A classic sloppy joe contains beef mince that's cooked with onion, tomato sauce and seasoning and sandwiched in a burger bun, but why should the meat-eaters have all the fun? We've taken the classic sloppy joe up a notch by adding some Mexican influences and transforming the mince into nutritious lentils. All placed on cheesy toasts and served with a crisp salad, we don't think you're going to ...

## What we send

- garlic cloves, coriander
- red lentils
- Greek-style yoghurt <sup>7</sup>
- French vinaigrette
- mixed leaves
- roma tomatoes
- bread roll <sup>1</sup>
- smoked cheddar <sup>7</sup>
- chipotle sauce <sup>6</sup>
- chopped tomatoes
- red onion

## What you'll require

- olive oil
- salt and pepper

## Utensils

- foil
- medium frypan
- oven tray
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

### Cooking tip

Clean the coriander stems and roots well to discard any dirt.

### Allergens

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

### Nutrition per serving

Energy 705.0kcal, Fat 20.6g, Proteins 30.2g, Carbs 91.8g



1. Cook onion

Coarsely chop three quarters of the **onion**. Heat 1 tbs **oil** in a medium frypan over medium heat. Cook the chopped onion for 5 mins or until softened.



2. Cook topping

Meanwhile, finely chop the **garlic**. Pick the **coriander** sprigs and finely chop the stems and roots (see cooking tip). Rinse the **lentils** and add to the pan with the **canned tomatoes**, chopped coriander and **garlic** and cook for 5 mins or until liquid has reduced. Add 2 tsp **chipotle sauce** and season with **salt and pepper**.



3. Grill bread

Preheat oven grill to medium. Coarsely grate the **cheese**. Cut each **bread roll** in half and place on an oven tray lined with foil. Grill the rolls for 2 mins each side or until lightly toasted. Top bread rolls with half the grated cheese and place under the grill for a further 1 min or until the cheese has melted.



4. Grill sloppy joes

Top the **toasted cheese bread** with **lentil mix** and scatter remaining cheese on top. Grill for another 2 mins or until cheese has melted.



5. Make salad

Meanwhile, cut the fresh **tomatoes** into wedges. Thinly slice the **remaining onion**. Combine vinaigrette with **mixed leaves**, chopped tomatoes and onion and gently toss to combine.



6. Get ready to serve

Coarsely chop the **coriander** leaves, reserving a few leaves for garnish. Combine chopped coriander with the **yoghurt**. Season with **salt**. Drizzle the **lentil sloppy joes** with **yoghurt dressing** and serve alongside **salad**. Serve with remaining **chipotle sauce** for extra punch and garnish with reserved coriander.