

DINNERLY



Beef Sloppy Joes

with Feta and Peas



20-30 minutes



4 Servings

Hello happy faces. These warm crusty rolls filled to the brim with saucy beef, creamy feta and pops of peas are guaranteed to please.

WHAT WE SEND

- 2 x 390g pack diced Italian tomatoes
- 4 sourdough bread rolls ^{1,6,7}
- beef mince
- 300g green peas
- 50g feta ⁷
- 10g cumin and coriander spice blend

WHAT YOU NEED

- garlic clove
- olive oil
- sea salt and pepper

TOOLS

- baking paper
- large frypan
- oven tray

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

ALLERGENS

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

NUTRITION PER SERVING

Energy 770kcal, Fat 31.7g, Carbs 62.5g, Proteins 52.3g



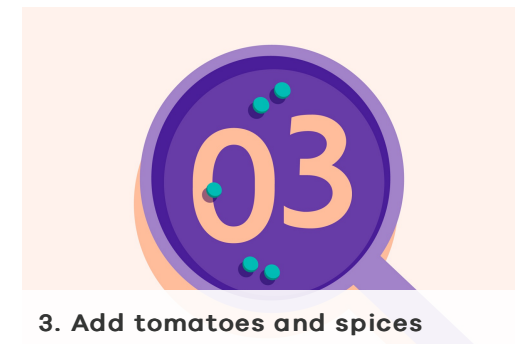
1. Prep ingredients

Preheat the oven to 200C. Line an oven tray with baking paper. Crush or finely chop **3 garlic cloves**.



2. Start sauce

Heat **2 tbs olive oil** in a large frypan over medium-high heat. Cook the **garlic**, stirring, for 20 secs or until fragrant. Add the **mince** and cook, breaking it up with a wooden spoon, for 3-4 mins until browned.



3. Add tomatoes and spices

Add **1 tbs cumin and coriander spice blend** and cook, stirring, for 1 min or until fragrant. Add the **diced tomatoes** and bring to the boil. Reduce the heat to low and cook for 10-15 mins until the sauce has thickened. Add the **peas** and cook for a further 3-4 mins until warmed through. Season with **salt and pepper**.



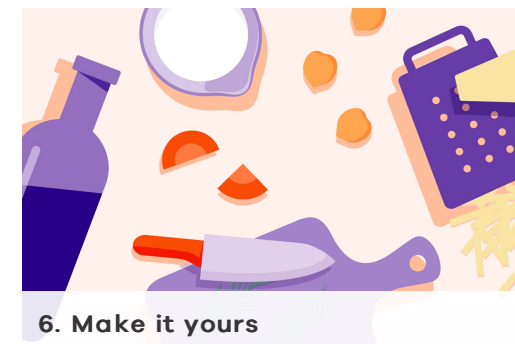
4. Prep rolls

Meanwhile, cut off the top third of each **bread roll** and set aside. Carefully remove some of the soft centre from the bottom two-thirds, leaving a 1cm rim and creating a slight hollow (see Make it yours).



5. Serve up

Spoon the **beef mixture** into the bread rolls and crumble the **feta** over the top. Transfer to the lined tray, putting the tops to one side. Bake for 10 mins or until the feta is light golden and the bread is crisp in parts. Cover with the lids to serve.



6. Make it yours

If you have some on hand, serve with a handful of garden greens or a ready-made coleslaw. Plus, don't chuck those soft bread centres! Crumble onto an oven tray lined with baking paper, drizzle with olive oil and bake for 8-10 mins for golden, crunchy croutons.