



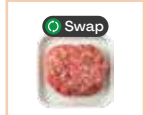
SuperQuick Turkey Sloppy Joes

with Ranch Side Salad

15 Minutes

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Ground Turkey
250 g | 500 g



Artisan Bun
2 | 4



Spring Mix
56 g | 113 g



Yellow Onion, chopped
56 g | 113 g



Salad Topping Mix
28 g | 56 g



Tomato Sauce Base
2 tbsp | 4 tbsp



Worcestershire Sauce
1 tbsp | 2 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



Ranch Dressing
2 tbsp | 4 tbsp



Brown Sugar
½ tsp | 1 tsp



Garlic Spread
2 tbsp | 4 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, salt

Cooking utensils | Large bowl, large non-stick pan, measuring cups

1



Cook turkey and onions

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

🔄 Swap | Ground Beef

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **half the garlic spread**, then **turkey** and **onions**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. **

2



Make sloppy joe sauce

- When **turkey** is cooked through, reduce heat to medium-low.
- Add **BBQ Seasoning** and **half the brown sugar** (use all for 4 ppl) to the pan with **turkey**. Cook, stirring often, until combined.
- Add **tomato sauce base**, **Worcestershire sauce** and **½ cup** (¾ cup) **water**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove the pan from heat. Season with **salt** and **pepper**.

3



Toast buns

- Meanwhile, halve **buns**. Spread **remaining garlic spread** onto **cut sides**.
- Arrange directly on the **middle** rack of the oven, cut-sides up.
- Broil until golden-brown, 1-2 min. (**TIP:** Keep an eye on buns so they don't burn.)

4



Make salad

- Just before serving, add **spring mix**, **salad topping mix** and **ranch dressing** to a large bowl.
- Season with **salt** and **pepper**, then toss to combine.

5



Finish and serve

- Stack **bottom buns** with **sloppy joe mix**, then close with **top buns**.
- Divide **sandwiches** and **salad** between plates.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1 | Cook beef and onions

🔄 Swap | Ground Beef

If you've opted to get **beef**, cook **beef** in the same way the recipe instructs you to cook the **turkey**. ** Remove and discard excess fat, if desired.

** Cook to a minimum internal temperature of 74°C/165°F.