



# SuperQuick Turkey Sloppy Joes

## with Ranch-Dressed Side Salad

15-Minute Meal

15 Minutes

Customized Protein

+ Add



Swap

or

x2 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](https://www.hellofresh.ca)







 Swap	 Swap
Ground Beef 250 g   500 g	Beyond Meat® 2   4

	
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	Applewood Smoke Spice 7 g   14 g

	
Ranch Dressing 2 tbsp   4 tbsp	Brown Sugar ½ tbsp   1 tbsp


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.*

Ingredient quantities **56 g** | **113 g**  
2-serving | 4-serving

Pantry items | Pepper, salt

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

1



### Cook turkey and onions

Swap | [Ground Beef](#)  
Swap | [Beyond Meat®](#)

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Heat a large non-stick pan over medium-high.
- When the pan is hot, add **half the garlic spread**, then **turkey** and **onions**.
- Cook for 4-5 min, breaking up **turkey** into smaller pieces, until no pink remains.\*\*

2



### Make sloppy joe filling

- When **turkey** is cooked through, reduce heat to medium-low.
- To the pan with **turkey**, add **Applewood Smoke Spice** and **half the brown sugar** (use all for 4 servings). Cook, stirring often, until combined.
- Add **tomato sauce base**, **Worcestershire sauce** and **½ cup** (¾ cup) **water**. Cook for 2-3 min, stirring often, until **sauce** thickens slightly.
- 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 for 1-2 min, until golden. (**TIP:** Keep an eye on buns so they don't burn!)

4



### Make salad

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

5



### Finish and serve

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

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2-serving 4-serving Ingredient

#### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 1 | Cook beef and onions

Swap | [Ground Beef](#)

If you've opted to get **beef**, cook in the same way the recipe instructs you to cook the **turkey**\*\*

### 1 | Cook Beyond Meat® and onions

Swap | [Beyond Meat®](#)

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **turkey**, breaking up **patties** into smaller pieces, until crispy.\*\*

\*\* Cook to a minimum internal temperature of 165°F.