



SuperQuick Turkey Sloppy Joes

with Ranch-Dressed 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](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	BBQ Seasoning 1 tbsp 2 tbsp

	
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.

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

Swap | Beyond Meat®

- 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 mixture**, 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 it in the same way the recipe instructs you to cook the **turkey**. Remove and discard **excess fat**, if desired.**

1 | Cook Beyond Meat® and onions

Swap | Beyond Meat®

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

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