



SuperQuick Turkey Sloppy Joes

with Ranch-Dressed Side Salad

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)



 Ground Beef 250 g 500 g	 Beyond Meat® 2 4
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 Ground Turkey 250 g 500 g	 Artisan Bun 2 4
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 Spring Mix 56 g 113 g	 Yellow Onion, chopped 56 g 113 g
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 Salad Topping Mix 28 g 56 g	 Tomato Sauce Base 2 tbsp 4 tbsp
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 Worcestershire Sauce 1 tbsp 2 tbsp	 BBQ Seasoning 1 tbsp 2 tbsp
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 Ranch Dressing 2 tbsp 4 tbsp	 Brown Sugar ½ tbsp 1 tbsp
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 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.
- 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

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 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.