



SLOPPY JOES

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 520/SERVING



Perfectly sweet, smoky, and spicy, this sloppy joe sandwich hits the spot. Made using a mix of red lentils and shredded carrots, the filling is full of plant protein and complex carbs to satiate and satisfy. Served on toasty buns with a zingy cabbage slaw, this hearty sandwich checks every box on our list!

WHAT YOU'LL NEED

- Small pot
- Large pan
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings 4 servings

Red lentils	1/2 cup	1 cup
Carrot	1	2
Shallot	1	2
Garlic	1 clove	2 cloves
Spice blend	1 tbsp	2 tbsp
BBQ sauce	1/3 cup	2/3 cup
Red cabbage	2 cups	4 cups
Lime	1	1
Green onion	1	1-2
Buns	4	8



Prep the ingredients: rinse the **lentils**, peel and shred or grate the **carrot**, peel and dice the **shallot**, mince the **garlic**, thinly slice the **green onion**, and halve the **lime**.



Cook the lentils: Add 3/4 cup of **water** (1.5 cups for 4 servings) and **lentils** to a small saucepan over medium-high heat. Bring to a boil, then reduce heat to simmer and cook uncovered for 15 minutes, or until tender. Set aside.



Meanwhile, in a medium bowl, add the **cabbage**, most of the **green onions**, and **juice of the lime** and season with **salt** and **pepper**. Massage the mixture until the cabbage softens slightly. Set aside in the fridge until ready to serve.



In a large skillet over medium heat, heat 1 tbsp of oil (2 tbsp for 4 servings), then add **shallot** and **garlic**, and sauté for 5 minutes until fragrant and translucent. Season with **salt** and **pepper**.



Mix in **cooked lentils**, **shredded carrot**, **spice blend**, **barbecue sauce**, and 1 tbsp of **water** (2 tbsp for 4 servings). Continue cooking until carrots have softened and the mixture has thickened. Adjust seasoning to taste.



Toast the **buns** if desired, and divide the **lentil mixture** between the buns, topping with the **red cabbage slaw** and the remainder of the **green onions**.

Nutrition Facts		Valeur nutritive	
Per (719 g)			
Pour 1 (719 g)			
Calories	520	% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides	10 g		13 %
Saturated / saturés	1.5 g		8 %
+ Trans / trans	0 g		
Carbohydrate / Glucides	89 g		
Fibre / Fibres	22 g		79 %
Sugars / Sucres	26 g		26 %
Protein / Protéines	16 g		
Cholesterol / Cholestérol	0 mg		0 %
Sodium	630 mg		27 %
Potassium	500 mg		11 %
Calcium	200 mg		15 %
Iron / Fer	7 mg		39 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			