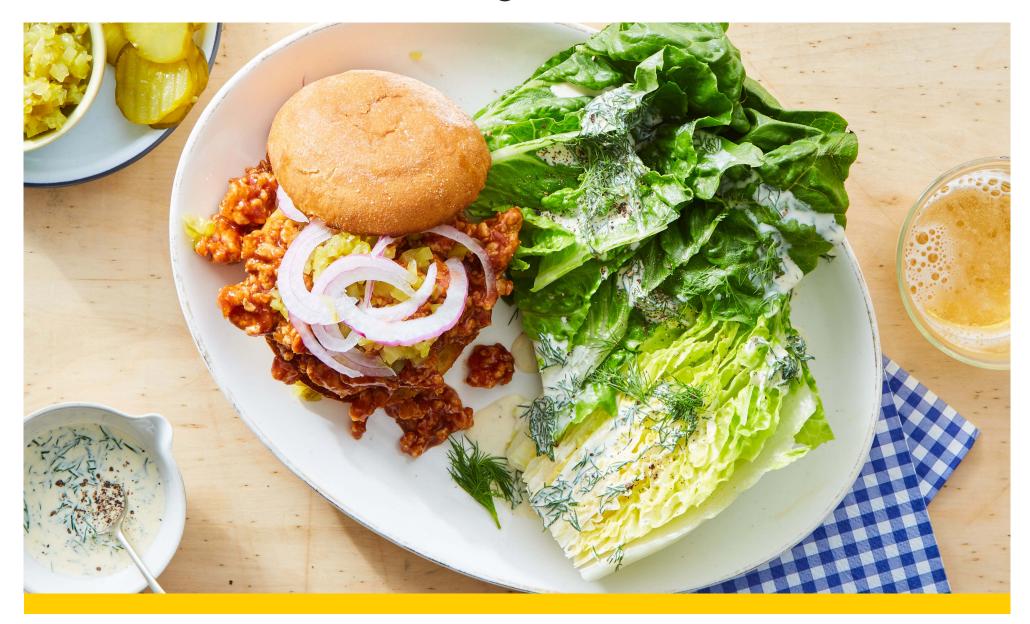
# MARLEY SPOON



## **BBQ** Beef Sloppy Joe

with Wedge Salad & Pickles



We love barbecue but don't always have the time to grill for that smoky flavor. Speed up the process with grass-fed ground beef for a quick and easy take on a favorite summertime classic, no matter the season. We smother chicken with barbecue sauce on the stovetop before sandwiching between two toasted buns and serving with a crisp wedge salad tossed in Dijon-mayonnaise dressing.

#### What we send

- 3¼ oz dill pickles
- 1/4 oz fresh dill
- 1 romaine heart
- 1 red onion
- 1 oz mayonnaise <sup>1,5</sup>
- 10 oz pkg grass-fed ground beef
- 4 oz barbecue sauce
- 2 potato buns <sup>2,3,4</sup>
- ¼ oz Dijon mustard

### What you need

- · kosher salt & ground pepper
- neutral oil

#### **Tools**

· medium skillet

#### **Allergens**

Egg (1), Wheat (2), Milk (3), Sesame (4), Soy (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### **Nutrition per serving**

Calories 750kcal, Fat 34g, Carbs 60g, Protein 38g



## 1. Prep ingredients

Finely chop half of the pickles.

Finely chop dill fronds and stems.

Trim stem end from **romaine**, then halve crosswise; halve each piece lengthwise, keeping wedges intact.

Thinly slice **onion** into rings.



## 2. Make dijonnaise dressing

In a small bowl, stir to combine **Dijon**, **mayonnaise**, **dill**, and **2 teaspoons water**. Season to taste with **salt** and **pepper**.



Happy cooking!

#### 3. Cook beef

Preheat broiler with a rack in the top position.

In a medium skillet, heat **2 teaspoons oil** over medium-high. Add **beef**; cook, breaking up into large pieces, until browned and cooked through, 3-4 minutes. Add **barbecue sauce**; bring to a simmer and cook, stirring occasionally, 1-2 minutes. Season to taste with **salt** and **pepper**.



4. Toast buns

Spread **butter** over **buns**, if desired. Broil directly on top oven rack until lightly browned, about 1-2 minutes (watch closely as broilers vary).



5. Finish

Top buns with beef and a few onion slices. Drizzle romaine with dijonnaise and top with chopped pickles.

Serve **BBQ** beef sloppy joe with romaine salad and remaining pickles alongside, if desired.



6. Serve

Enjoy!