

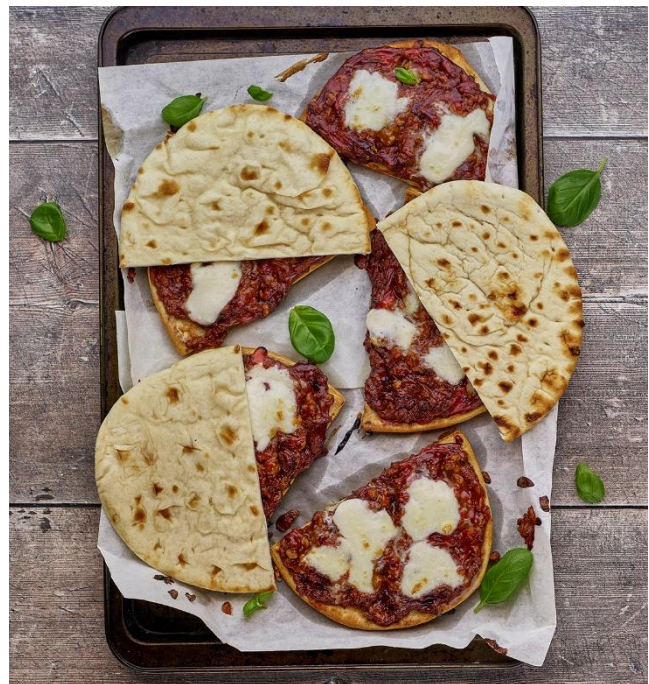
## KaterVeg! Vegan and Gluten-free Sloppy Joe Sandwiches

*Serves approx. 10*

### Ingredients:

1kg KaterVeg! Vegan Mince  
60ml Vegetable oil  
1.5 Red onions, large, sliced  
2 Cloves of garlic, crushed  
200g Red lentils  
2 Green peppers, large, de-seeded and sliced  
2 Red peppers, large, de-seeded and sliced  
2tsp Tomato paste  
20g Smoked paprika  
200ml Vegetable stock  
250g Tomato ketchup  
250g BBQ sauce  
50g American mustard

20 Gluten-free and vegan naan or flatbreads  
Vegan cheese, grated



### Method:

1. Heat 50ml of the vegetable oil in a large thick bottomed pan, add 2/3 of the red onion and all of the crushed garlic and sweat down until nicely caramelised, but not burnt!
2. Add the KaterVeg! Vegan mince and red lentils and mix well with the onions and garlic.
3. Add half of the green and red peppers and sweat down for 2 minutes.
4. Mix in the tomato paste, smoked paprika and vegetable stock, cover with a lid and simmer for 20–30 minutes.
5. In a separate pan, add the remaining oil and sauté the remaining red onions and peppers until soft and nicely caramelised. Keep to one side.
6. Once the lentils have cooked out, add 200g of the tomato ketchup, 200g of the BBQ sauce and the American mustard, mix well.

7. Spread the Sloppy Joe mixture on half of the bread bases and sprinkle with the grated vegan cheese. Bake in a very hot oven for 5-7 minutes and until the cheese has melted.
8. Heat through the remaining bread 'lids' separately.
9. Remove the Sloppy Joe bread bases from the oven, top each with a bread 'lid' and serve whilst still warm.