



QCOOK

Mini Smokey BBQ Chicken Rotis

with green leaves

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Niriída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	545kj	2508kj
Energy	130kcal	600kcal
Protein	7.3g	33.5g
Carbs	15g	67g
of which sugars	6.3g	29g
Fibre	1.3g	5.8g
Fat	4.6g	21.2g
of which saturated	1g	4.6g
Sodium	21mg	108mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
3	6	Cocktail Rotis
150g	300g	Free-range Chicken Mince
1	1	Onion <i>peel & roughly slice ½ [1]</i>
50ml	100ml	The Sauce Queen Smokey BBQ Sauce
40g	80g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

1. TOASTED ROTIS Place a pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

2. MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until lightly golden, 2-4 minutes (shifting occasionally).

3. BBQ MOMENT Add the onion to the mince and fry until soft, 4-5 minutes. Mix in the BBQ sauce and season. Remove from the heat.

4. IT'S THAT TIME Assemble the rotis by adding the green leaves first, then top with the BBQ mince. Dig in, Chef!