



# QCOOK

## Mini Smokey BBQ Chicken Rotis

with green leaves

**Hands-on Time:** 30 minutes

**Overall Time:** 30 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Niñída | 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:

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Serves 3	[Serves 4]	
9	12	Cocktail Rotis
450g	600g	Free-range Chicken Mince
2	2	Onions <i>peel &amp; roughly slice 1½ [2]</i>
150ml	200ml	The Sauce Queen Smokey BBQ Sauce
120g	160g	Green Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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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 browned, 3-5 minutes (shifting occasionally).

**3. BBQ MOMENT** Add the onion to the mince and fry until soft, 5-6 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!