



U**COOK**

Ragu-style Chicken Mince & Roast Veg

with brussel sprouts & sweet potato

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	322kj	2060kj
Energy	77kcal	492kcal
Protein	5.9g	37.8g
Carbs	8g	53g
of which sugars	3g	17g
Fibre	2g	14g
Fat	2.1g	13.2g
of which saturated	0.6g	3.6g
Sodium	62.5mg	399.4mg

Allergens: Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Sweet Potato Chunks <i>cut into small chunks</i>
300g	400g	Brussels Sprouts <i>rinse</i>
180g	240g	Cannellini Beans <i>drain & rinse</i>
15ml	20ml	Dried Oregano
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
450g	600g	Free-range Chicken Mince
2	2	Garlic Cloves <i>peel & grate</i>
300ml	400ml	Tomato Passata
120g	160g	Green Leaves <i>rinse</i>
8g	10g	Fresh Chives <i>rinse & finely chop</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water

- 1. ONE-TRAY WONDER** Preheat the oven to 200°C. Spread the sweet potato, brussels sprouts, and cannellini beans on a roasting tray. Lightly coat with cooking spray or oil (optional), oregano, and seasoning. Roast in the hot oven until cooked through and lightly golden, 35-40 minutes (shifting halfway).
- 2. INTO THE FRYING PAN** When the roast has 20-25 minutes to go, place a pan over medium heat. When hot, add the onion and lightly coat with cooking spray or oil (optional). Fry until caramelised, 8-10 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally).
- 3. SAUCY MINCE** Add the garlic to the mince and fry until fragrant, 30-60 seconds. Mix in the tomato passata and 300ml [400ml] of water. Simmer until reduced and thickening, 12-15 minutes. In the final 2-3 minutes, mix in the spinach, chives, and season.
- 4. DINNER IS READY** Bowl up the roast veg, top with the saucy chicken mince, and garnish with the parsley. Dig in Chef!