

UCCOOK

Roast Potato, Chicken & Jalapeño Slaw

with sweet potato & spring onion

Hands-on Time: 20 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	312kJ	2010kJ
Energy	75kcal	480kcal
Protein	5.7g	36.5g
Carbs	7g	46g
of which sugars	3g	22g
Fibre	1g	9g
Fat	2.1g	13.7g
of which saturated	0.6g	4.1g
Sodium	58.1mg	373.8mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Moderate

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
150g	300g	Free-range Chicken Mince
10ml	20ml	Old Stone Mill Mexican Spice
1	1	Tomato <i>rinse & roughly dice</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
40ml	80ml	Low Fat Cottage Cheese
100g	200g	Cabbage <i>rinse & thinly slice</i>
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
10ml	20ml	Lime Juice

From Your Kitchen

Seasoning (salt & pepper)

Water

Cooking Spray

1. SWEET ON SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Lightly add cooking spray and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place roasted sweet potato in a bowl and mash with a fork and cover.

2. MMMINCE Place a pan over medium heat and lightly add cooking spray. When hot, fry the spring onion whites until golden, 1-2 minutes (shifting occasionally). Add the mince, the Mexican spice and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the tomato to the pan and fry until saucy, 3-4 minutes (shifting occasionally and breaking up the pieces). Mix through ½ the coriander and season. Remove from the heat, stir through ½ the cottage cheese and set aside.

3. CABBAGE SLAW To a salad bowl, add the cabbage and the jalapeños (to taste). Toss through the lime juice (to taste) and the remaining cottage cheese. Season and set aside.

4. DINNER = DONE! Plate up the rustic sweet potato mash and top with the flavourful mince. Garnish with the remaining coriander and spring onion greens. Serve the slaw alongside.