



QCOOK

Thai Chicken Mince Larb

with sweet potato chunks

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Calorie Conscious: Serves 1 & 2

Chef: Ethan Shahim

Nutritional Info	Per 100g	Per Portion
Energy	358kj	2071kj
Energy	85kcal	495kcal
Protein	5.4g	31.2g
Carbs	10g	60g
of which sugars	5g	29g
Fibre	1g	8g
Fat	2.2g	12.8g
of which saturated	0.6g	3.5g
Sodium	111mg	642mg

Allergens: Gluten, Wheat, Soya, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
2.5ml	5ml	Cornflour
15ml	30ml	Sweet Indo Soy Sauce
150g	300g	Free-range Chicken Mince
1	1	Spring Onion <i>rinse & thinly slice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate ½ [1]</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
75g	150g	Julienne Carrots
100g	200g	Baby Gem Lettuce Head <i>gently separate leaves & rinse</i>
7.5ml	15ml	Lime Juice

From Your Kitchen

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

1. SWEET ON SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Lightly coat with cooking spray or oil (optional) and seasoning. 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).

2. SOY SAUCE SLURRY Boil the kettle. In a small bowl, combine the cornflour and 50ml [100ml] of water. Mix well to ensure there are no lumps, then add the indo soy sauce and set aside.

3. BRING IT ALL TOGETHER Place a pan over medium-high heat. Add the mince, lightly coat with cooking spray or oil (optional), and work quickly to break it up as it starts to cook. Fry until starting to brown, 2-3 [3-4] minutes (shifting occasionally). Add the spring onion whites, garlic, and ginger. Fry until fragrant, 1-2 minutes. Add the soy sauce slurry and carrots. Simmer until the carrots are heated through, 1-2 minutes. Remove from the heat and season.

4. GREAT JOB! Plate up the gem lettuce cups. Load them up with the mince filling. Sprinkle over the spring onion greens and finish off the loaded cups with a drizzle of lime juice (to taste). Side with the roasted potatoes. Dinner is served, Chef!