



# QCOOK

## Ragu-style Chicken Mince & Roast Veg

with brussel sprouts & sweet potato

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Calorie Conscious:** Serves 1 & 2

**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:

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Serves 1	[Serves 2]	
100g	200g	Sweet Potato Chunks <i>cut into small chunks</i>
100g	200g	Brussels Sprouts <i>rinse</i>
60g	120g	Cannellini Beans <i>drain &amp; rinse</i>
5ml	10ml	Dried Oregano
1	1	Onion <i>peel &amp; cut ½ [1] into wedges</i>
150g	300g	Free-range Chicken Mince
1	1	Garlic Clove <i>peel &amp; grate</i>
100ml	200ml	Tomato Passata
40g	80g	Green Leaves <i>rinse</i>
3g	5g	Fresh Chives <i>rinse &amp; finely chop</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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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, 30-35 minutes (shifting halfway).

**2. INTO THE FRYING PAN** When the roast has 15-20 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, 3-4 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 100ml [200ml] of water. Simmer until reduced and thickening, 10-12 minutes. In the final 1-2 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!