



UCOOK

Chicken Bolognese Bake

with baby potatoes & fresh parsley

A hearty and delicious weeknight dinner that will warm your soul and satisfy every taste bud! Chicken mince is cooked down with carrots, celery and onion to create a rich bolognese. This divine bolognese sauce is then poured over tender baby potatoes before being sprinkled with cheese and baked to bubbling perfection!


Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Fan Faves

 Boschendal | 1685 Merlot

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

5ml	Chicken Stock
1	Onion <i>½ peeled & roughly diced</i>
240g	Carrot <i>rinsed, trimmed & roughly chopped</i>
1	Celery Stalk <i>rinsed & roughly chopped</i>
1	Garlic Clove <i>peeled & grated</i>
7,5ml	Tomato Paste
150g	Free-range Chicken Mince
100g	Cooked Chopped Tomato
200g	Baby Potatoes <i>rinsed & cut into quarters</i>
80g	Grated Mozzarella & Cheddar Cheese Mix
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. CHICKY MINCE Preheat the oven to 200°C. Boil the kettle. Dilute the stock with 100ml of boiling water. Place a deep pan over a medium-high heat with a drizzle of oil. When hot, add the diced onion, the chopped carrot, and the chopped celery. Fry for 5-7 minutes until softened, shifting occasionally. Add the grated garlic and the tomato paste and fry for 1-2 minutes until fragrant, shifting constantly. Add the chicken mince and work quickly to break it up as it starts to cook. Allow to caramelise for 3-4 minutes until browned, shifting occasionally. Pour in the cooked chopped tomato and the diluted stock and bring to the boil. Once boiling, reduce the heat and leave to simmer for 10-15 minutes until reduced and thickened, stirring occasionally. Season to taste.

2. LITTLE POTS While the mince is reducing, place a pot of cold salted water over a high heat. Add the quartered baby potatoes and bring to the boil. Once boiling, reduce the heat and simmer for 12-15 minutes until soft. Drain on completion and season.

3. BAKE THE BAKE Spread out the softened baby potatoes in a baking dish. Pour over the saucy chicken mince, making sure it's covering all the potatoes. Sprinkle over the grated cheese and bake in the hot oven for 10-12 minutes until the cheese is melted and bubbling.

4. TUCK IN! Plate up a generous helping of the cheesy chicken bake. Sprinkle over the chopped parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	384kJ
Energy	92Kcal
Protein	5.8g
Carbs	8g
of which sugars	3g
Fibre	1.5g
Fat	3.7g
of which saturated	1.7g
Sodium	147mg

Allergens

Dairy, Allium, Sulphites

Cook
within 1
Day