



BBQ Chicken Loaded Wedges

with black beans and melted cheddar cheese

Classic 40-45 mins • Spicy

1



Diced Chicken Thigh



Black Beans



Grated Cheddar



Scallion



Red Wine Vinegar



Carrot



Potatoes



BBQ Sauce



Chipotle Paste

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Oven Dish, Baking Sheet with Baking Paper, Colander, Slotted Spoon

Ingredients

	2P	4P
Diced Chicken Thigh	260 g	520 g
Black Beans	½ pack	1 pack
Grated Cheddar	50 g	100 g
Scallion	1 unit	2 units
Red Wine Vinegar	1 sachet	2 sachets
Carrot	1 unit	2 units
Potatoes	400 g	800 g
BBQ Sauce	2 sachets	4 sachets
Chipotle Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	578 g	100 g
Energy (kJ/kcal)	2669.2 kJ/ 638 kcal	461.8 kJ/ 110.4 kcal
Fat (g)	22.8 g	4 g
Sat. Fat (g)	9.4 g	1.6 g
Carbohydrate (g)	58.8 g	10.2 g
Sugars (g)	11.2 g	1.9 g
Protein (g)	40.1 g	6.9 g
Salt (g)	1.7 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Make the Wedges

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm wide wedges (no need to peel).
- Pop the wedges onto a large (lined) baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- Cook on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Cook the Beans

- While everything cooks, trim and thinly slice the **scallion**.
- Trim and coarsely grate the **carrot** (no need to peel).
- Drain and rinse **black beans** in a colander. Pop half the **beans** (double for 4p) into a medium bowl and roughly mash with a fork.
- Once the **chicken** is cooked and out of the pan, add the **beans** from the bowl and **carrot** to the remaining sauce in the pan.



Start the Sauce

- Meanwhile, add 100ml **water** (double for 4p) to a large pot over high heat.
- Add the **BBQ sauce**, **vinegar**, **chipotle paste** and a pinch of **salt** and **pepper**.
- Bring the sauce to the boil, giving it a good stir to ensure everything is combined.



Simmer the Sauce

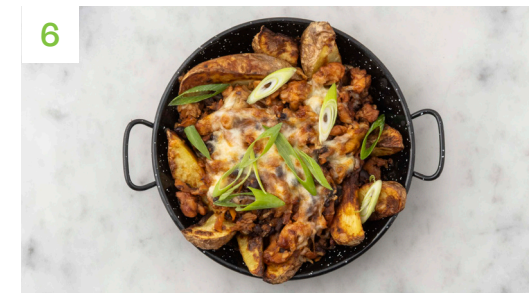
- Stir everything together, then boil until reduced to a thick sauce, 4-5 mins.
- Stir back in the **chicken** and simmer for 2 mins, then remove from the heat.
- Taste and add **salt** and **pepper** if needed.

TIP: Stir frequently and cook for a bit longer if you need to. You want it really thick!



Simmer the Chicken

- Once the sauce is boiling lower heat to medium, add the **chicken** and cover with a lid.
- Simmer until **chicken** is cooked and tender, 15-20 mins. Stir halfway through and lower heat if necessary.
- Once cooked, remove pan from heat and transfer just the **chicken** to a board with a slotted spoon.
- Roughly chop the **chicken**. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. The chicken is safe to eat when no longer pink in the middle.



Finish and Serve

- When the wedges are ready, transfer them to an ovenproof dish.
- Spoon the **chicken** mixture on top of the wedges.
- Sprinkle on the **cheese** and bake in the oven until the **cheese** is golden and bubbly, 5-6 mins.
- Remove from the oven, sprinkle over the **scallion** and serve.

Enjoy!