



# BBQ Pulled Chicken

with cheesy wedges and tomato salsa

Family 40-45 mins

5



Chicken Breast



Grated Cheddar



Parsley



Red Wine Vinegar



BBQ Sauce



Tomato



Potatoes

Pantry Items: Oil, Salt, Pepper

## Before you start

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

## Cooking tools you will need

Baking Sheet with Baking Paper

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Grated Cheddar	50 g	100 g
Parsley	5 g	10 g
Red Wine Vinegar	1 sachet	2 sachets
BBQ Sauce	2 sachets	4 sachets
Tomato	2 units	4 units
Potatoes	3 units	6 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	488 g	100 g
Energy (kJ/kcal)	2029 kJ/ 484.9 kcal	415.8 kJ/ 99.4 kcal
Fat (g)	14 g	2.9 g
Sat. Fat (g)	7.1 g	1.5 g
Carbohydrate (g)	41.6 g	8.5 g
Sugars (g)	7.1 g	1.5 g
Protein (g)	46 g	9.4 g
Salt (g)	0.8 g	0.2 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

Thumbs up or thumbs down?  
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## Roast 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 lined baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
- When oven is hot, spread the wedges out in a single layer and roast on the top shelf until golden, 30-35 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary—you want the wedges nicely spread out.



## Shred the Chicken

- Once the **chicken** is cooked, remove from the oven.
- Use 2 forks to gently pull the **chicken** apart while still in the tray.
- Once **chicken** has been shredded, add the **BBQ sauce** and mix well to fully coat.
- Season to taste with **salt** and **pepper**.



## Cook the Chicken

- Meanwhile, lay the **chicken** onto a lined baking tray.
- **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Roast on the middle shelf of your oven until browned and cooked through, 18-20 mins.
- **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



## Load Your Wedges

- Once the **potato** wedges are ready, remove from the oven and spoon the BBQ pulled **chicken** over the top.
- Sprinkle on the **cheddar** and pop back in the oven until the **cheese** is melted and bubbling, 4-5 mins.



## Get Prepped

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Cut the **tomato** into 2cm chunks and pop into a medium bowl.
- Add the **red wine vinegar**, ½ tsp **oil** (double for 2p) and **half** the **parsley**.
- Season to taste with **salt** and **pepper** then mix together. Set aside.



## Finish and Serve

- Divide the cheesy **chicken** wedges between plates and top with the **tomato** salsa.
- Sprinkle the remaining **parsley** over the top.

**Enjoy!**