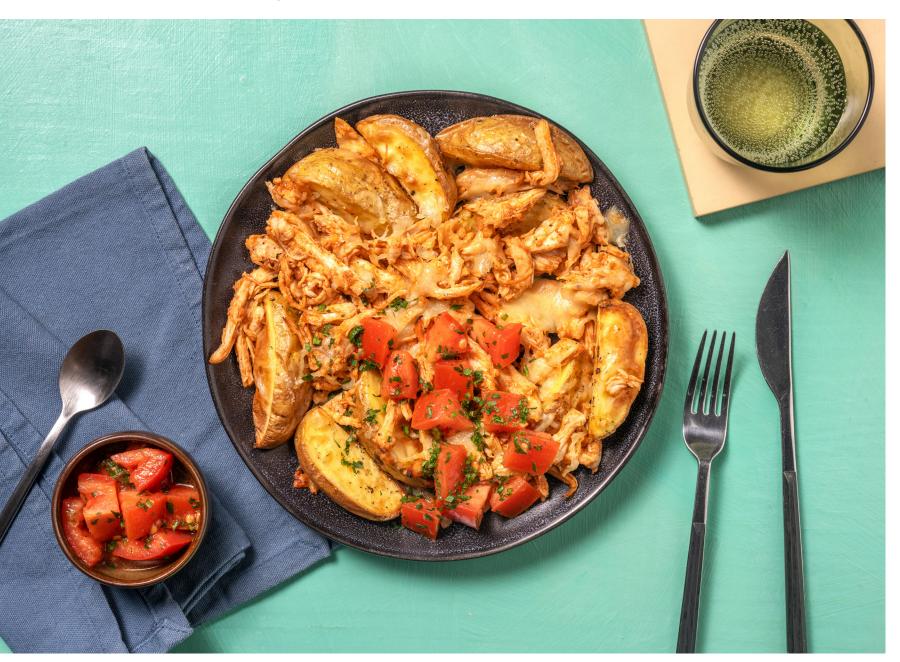


BBQ Pulled Chicken with cheesy wedges and tomato salsa

Family 40-45 mins









Chicken Breast





Red Wine Vinegar





Tomato



Potatoes

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.



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.



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.



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 tbsp oil (double for 2p) and half the parsley.
- Season to taste with **salt** and **pepper** then mix together. Set aside.



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.



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.



Finish and Serve

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

Enjoy!



Thumbs up or thumbs down? Head online or use the app to rate this recipe.

