



# Cheesy BBQ Chicken Wedges

with black beans and scattered scallions

Classic 40-45 mins • Spicy

1



Diced Chicken Breast



BBQ Sauce



Red Wine Vinegar



Chipotle Paste



Scallion



Carrot



Grated Cheddar



Black Beans



BBQ Rub



Potatoes



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, Lid, Pot, Sieve, Slotted Spoon

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
BBQ Sauce	2 sachets	4 sachets
Red Wine Vinegar	1 sachet	2 sachets
Chipotle Paste	1 sachet	2 sachets
Scallion	1 unit	2 units
Carrot	1 unit	2 units
Grated Cheddar	50 g	100 g
Black Beans	½ pack	1 pack
BBQ Rub	1 sachet	2 sachets
Potatoes	3 units	6 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	579 g	100 g
Energy (kJ/kcal)	2393.2 kJ/ 572 kcal	413.3 kJ/ 98.8 kcal
Fat (g)	13.1 g	2.3 g
Sat. Fat (g)	6.9 g	1.2 g
Carbohydrate (g)	60.4 g	10.4 g
Sugars (g)	11.6 g	2 g
Protein (g)	45.7 g	7.9 g
Salt (g)	1.8 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

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



You can recycle me!



## Make the Wedges

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm wedges (no need to peel).
- Pop the wedges onto a large (lined) baking tray.
- Drizzle with **oil, BBQ rub, 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.



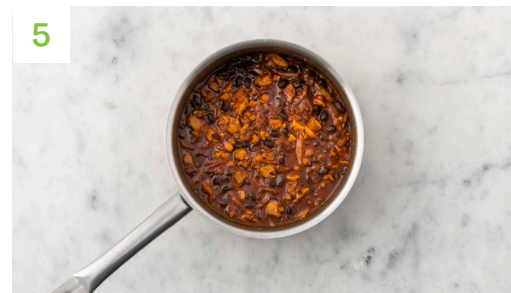
## Mash the Beans

- While everything cooks, trim and thinly slice the **scallion**.
- Trim and coarsely grate the **carrot** (no need to peel).
- Drain and rinse **black beans**.
- 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 pot, add the mashed **beans and carrot** to the remaining sauce in the pot.



## 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

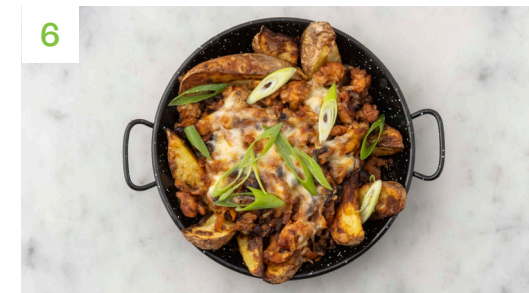
- Stir everything together, then boil until reduced to a thick sauce, 4-5 mins.
- Stir back in the **chicken** and simmer for 2 mins, then remove from the heat.
- Taste and add **salt and pepper** if needed.

**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. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.
- Simmer until **chicken** is cooked and tender, 15-20 mins. Stir halfway through and lower heat if necessary.
- Once cooked, remove pot from heat and transfer just the **chicken** to a board with a slotted spoon.
- Roughly chop the **chicken**. **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!**