



# BBQ Chicken and Black Bean Loaded Wedges

with Carrot and Spring Onion

N° 7

**FAMILY** Hands On Time: 20 Minutes • Total Time: 35 Minutes • Medium Spice • 1.5 of your 5 a day



Potato



BBQ Sauce



Cider Vinegar



Chipotle Paste



Diced Chicken Breast



Spring Onion



Carrot



Cheddar Cheese



Black Beans

## Before you start

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

### Basic cooking tools, you will need:

Baking Tray, Measuring Jug, Saucepan, Coarse Grater and Colander.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Water for the Chicken*	100ml	150ml	200ml
BBQ Sauce <b>13)</b>	2 sachets	3 sachets	4 sachets
Cider Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Chipotle Paste	1 sachet	1 sachet	2 sachets
Diced Chicken Breast**	280g	420g	560g
Spring Onion**	1	2	2
Carrot**	1	1	2
Cheddar Cheese <b>7)</b> **	2 blocks	3 blocks	4 blocks
Black Beans	1 carton	2 cartons	2 cartons

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	624g	100g
Energy (kJ/kcal)	2690 /643	431 /103
Fat (g)	16	3
Sat. Fat (g)	8	1
Carbohydrate (g)	68	11
Sugars (g)	15	2
Protein (g)	55	9
Salt (g)	1.85	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

### Contact

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Packed in the UK



## 1. Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## 4. Finish the Prep

While everything cooks, trim and thinly slice the **spring onion**. Trim and coarsely grate the **carrot** (no need to peel). Grate the **Cheddar**. Drain and rinse the **blackbeans** in a colander. Pop **half** of them in a medium bowl and roughly mash with a fork. Once the chicken is cooked and out of your pan, add the **black beans** (both whole and crushed) and **carrot** to the remaining **liquid** in the pan.



## 2. Start the Chicken

Meanwhile, put the **water** (see ingredients for amount) in a large saucepan over high heat. Add the **BBQ sauce**, **cider 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.



## 5. Simmer!

Stir everything together, then boil the **mixture** vigorously on high heat until reduced to a thick sauce, 4-5 mins. **TIP: Stir frequently to stop it burning!** Stir in the **chicken** and simmer for 2 mins, then remove from the heat. Taste and add **salt** and **pepper** if you feel it needs it.



## 3. Simmer the Chicken

Once the sauce is boiling, lower the heat to medium, stir in the **chicken** and cover the pan with a lid. Simmer until the **chicken** is cooked and tender, 15-20 mins, stirring halfway and lowering the heat if necessary. **IMPORTANT: The chicken safe to eat when no longer pink in the middle.** Once cooked, remove the pan from the heat and transfer just the **chicken** to a board with a slotted spoon. Roughly chop the **chicken**.



## 6. Grill 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 **spring onion** and serve!

Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.