



BBQ Chicken Loaded Wedges

with Pepper & Tomato Salsa and Cheese

Street Food 40-50 Minutes • Mild Spice • 1 of your 5 a day

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-  Potatoes
-  Chicken Fillet
-  Smoked Paprika
-  Soy Sauce
-  Worcester Sauce
-  Sweet Chilli Sauce
-  Bell Pepper
-  Lime
-  Baby Plum Tomatoes
-  Mature Cheddar Cheese
-  Soured Cream

Pantry Items

Sugar, Tomato Ketchup

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, grater, ovenproof dish and bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Chicken Fillet**	2	3	4
Smoked Paprika	1 sachet	1 sachet	2 sachets
Soy Sauce (11) (13)	25ml	37ml	50ml
Worcester Sauce (13)	½ sachet	¾ sachet	1 sachet
Sweet Chilli Sauce	32g	48g	64g
Bell Pepper***	1	2	2
Lime**	1	1	2
Baby Plum Tomatoes	125g	190g	250g
Mature Cheddar Cheese** (7)	30g	45g	60g
Soured Cream** (7)	75g	100g	150g
Sugar*	1 tsp	1½ tsp	2 tsp
Tomato Ketchup*	2½ tbsp	4 tbsp	5 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, green, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	682g	100g
Energy (kJ/kcal)	2571 /615	377 /90
Fat (g)	15.8	2.3
Sat. Fat (g)	8.4	1.2
Carbohydrate (g)	70.4	10.3
Sugars (g)	24.0	3.5
Protein (g)	51.5	7.6
Salt (g)	3.67	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook 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 onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Finish the Prep

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 1cm pieces.

Zest and cut the **lime** into **wedges**. Halve the **baby plum tomatoes**.

Grate the **cheese**.



Bake the Chicken

Meanwhile, pop the **chicken breasts** onto another baking tray. Drizzle with **oil** and season with **half** the **smoked paprika**, **salt** and **pepper**, then rub the **seasoning** all over the **chicken**.

Bake on the top shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Start Assembling

Pop the **chopped pepper**, **lime zest** and **tomatoes** into a medium bowl. Add a squeeze of **lime juice**, a drizzle of **oil** and season with **salt** and **pepper**. Stir together, then set your **salsa** aside.

Once the **chicken** is cooked, use two forks to pull the **meat** into long pieces, then stir into the pan of **BBQ sauce**.

Transfer the **cooked wedges** to an ovenproof dish, then switch your grill on to high.



Make the BBQ Sauce

While everything cooks, pop the **soy sauce**, **Worcester sauce**, **sweet chilli sauce**, remaining **smoked paprika**, **sugar** and **ketchup** (see ingredients for both amounts) into a large saucepan.

Put on low heat until the **sugar** has melted, stirring occasionally, then increase the heat to medium and bubble until thickened slightly, 1-2 mins.

Season with plenty of **pepper**, then remove from the heat and set aside.



Finish and Serve

Spoon the **pulled BBQ chicken** on top of the **wedges**. Sprinkle the **cheese** over the top, then grill until golden and bubbling, 2-3 mins.

When ready, put the **loaded wedges** in the centre of your table and top with the **tomato salsa** and a dollop of **soured cream**.

Serve with any remaining **lime wedges** alongside and get stuck in!

Enjoy!