













# Smokey BBQ Chicken and Blackbean Loaded Wedges with Cheese

Classic Eat Me Early • 40-50 Minutes • Medium Spice • 1 of your 5 a day



-  Potatoes
-  BBQ Sauce
-  Cider Vinegar
-  Chipotle Paste
-  Diced Chicken Thigh
-  Diced Chicken Breast
-  Spring Onion
-  Carrot
-  Cheddar Cheese
-  Black Beans

 **CUSTOM RECIPE**

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.



## Before you start

### Cooking tools, you will need:

Large Baking Tray, Large Saucepan with Lid, Slotted Spoon, Colander, Medium Bowl, Ovenproof Dish.

### Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Water*	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 Thigh**	280g	420g	560g
Diced Chicken Breast**	280g	420g	560g
Spring Onion**	1	2	2
Carrot**	1	1	2
Cheddar Cheese <b>7</b> **	60g	90g	120g
Black Beans	½ carton	¾ carton	1 carton

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

### Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>567g</b>	<b>100g</b>
Energy (kJ/kcal)	2778/664	490/117
Fat (g)	26	5
Sat. Fat (g)	10	2
Carbohydrate (g)	64	11
Sugars (g)	14	3
Protein (g)	44	8
Salt (g)	1.63	0.29
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>567g</b>	<b>100g</b>
Energy (kJ/kcal)	2461/588	434/104
Fat (g)	15	3
Sat. Fat (g)	7	1
Carbohydrate (g)	64	11
Sugars (g)	14	3
Protein (g)	49	9
Salt (g)	1.62	0.29

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.

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The Fresh Farm  
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### 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 in a single layer. 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.



### 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 (see ingredients for amount you need). 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.



### Start the Sauce

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.



### 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.



### 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**.

**CUSTOM RECIPE**

If you've opted to get **diced chicken breast** instead of **thigh**, cook the **diced chicken breast** in the same way the recipe tells you to cook the **diced chicken thigh**.



### 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!