



Smoky BBQ Chicken & Black Bean Loaded Wedges with Chipotle and Cheese

Classic 40-45 Minutes • Medium Spice • 1 of your 5 a day

5



Potatoes



Carrot



Mature Cheddar Cheese



Black Beans



Diced Chicken Thigh



BBQ Sauce



Cider Vinegar



Chipotle Paste



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, grater, sieve, bowl, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	1	1	2
Mature Cheddar Cheese** 7)	60g	90g	120g
Black Beans	½ carton	¾ carton	1 carton
Diced Chicken Thigh**	260g	390g	520g
BBQ Sauce	64g	96g	128g
Cider Vinegar 14)	15ml	15ml	30ml
Chipotle Paste	20g	20g	40g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	597g	100g	597g	100g
Energy (kJ/kcal)	2781 / 665	509 / 122	2520 / 602	422 / 101
Fat (g)	24.8	4.5	14.7	2.5
Sat. Fat (g)	10.6	1.9	7.6	1.3
Carbohydrate (g)	68.3	12.5	68.0	11.4
Sugars (g)	11.6	2.1	11.6	1.9
Protein (g)	45.8	8.4	48.7	8.2
Salt (g)	1.83	0.33	1.77	0.3

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 14) Sulphites

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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 top shelf until golden, 25-35 mins. Turn halfway through.



Get Prepped

While the **wedges** cook, trim the **carrot**, then coarsely grate (no need to peel). Grate the **cheese**.

Drain and rinse the **black beans** in a sieve (see ingredients for amount). Pop **half** the **beans** into a medium bowl and roughly mash with the back of a fork.

TIP: Keep the remaining black beans for another recipe.



Fry the Chicken

Next, heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

When cooked, transfer to your chopping board and roughly chop into small pieces. Set aside for later.

CUSTOM RECIPE

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



Start the Sauce

Return the (now empty) frying pan to medium heat (no need to clean).

Add the **BBQ sauce**, **cider vinegar**, **chipotle paste** (add less if you'd prefer things milder), **water for the sauce** (see pantry for amount) and a pinch of **salt** and **pepper**. Stir to combine and bring to a simmer.



All Together Now

Stir the **grated carrot** and **black beans** (both whole and mashed) through the **BBQ sauce mixture** and cook until thickened, 4-5 mins.

TIP: Stir frequently and cook for a bit longer if you need to - you want it really thick!

Once thickened, stir in the **chopped chicken** and simmer for 2 mins, then remove from the heat.

Taste and season with **salt** and **pepper** if needed.



Bake and Serve

When the **wedges** are cooked, transfer them to an ovenproof dish. Spoon the **chicken and BBQ sauce mixture** on top - **wedges** loaded!

Sprinkle over the **cheese**, then bake in the oven until golden and bubbling, 5-6 mins.

When ready, remove from the oven and share between your plates.

Enjoy!