

Smoky BBQ Chicken & Black Bean Loaded Wedges



with Chipotle, Cheese and Spring Onions

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











Cider Vinegar



Chipotle Paste



Diced Chicken



Spring Onion

Thigh



Carrot



Mature Cheddar Cheese



Black Beans

Before you start

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

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P	
Potatoes	450g	700g	900g	
BBQ Sauce	64g	96g	128g	
Cider Vinegar 14)	15ml	15ml	30ml	
Chipotle Paste	20g	20g	40g	
Diced Chicken Thigh**	260g	390g	520g	
Spring Onion**	1	2	2	
Carrot**	1	1	2	
Mature Cheddar Cheese** 7)	60g	80g	120g	
Black Beans	½ carton	¾ carton	1 carton	
Pantry	2P	3P	4P	
Water for the Sauce*	100ml	150ml	200ml	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	557g	100g
Energy (kJ/kcal)	2720 /650	489/117
Fat (g)	25.1	4.5
Sat. Fat (g)	10.6	1.9
Carbohydrate (g)	63.9	11.5
Sugars (g)	11.7	2.1
Protein (g)	46.5	8.4
Salt (g)	2.06	0.37

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.

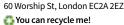
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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.



Start your Sauce

While the **wedges** cook, put the **water for the sauce** (see pantry for amount) in a large saucepan on high heat.

Add the **BBQ** sauce, cider vinegar, chipotle paste and a pinch of salt and pepper. Stir well to combine and bring to a simmer.



Add the Chicken

Stir in the **chicken** and bring to a boil, then lower the heat to medium and cover with a lid.

Simmer until the **chicken** is cooked and tender, 15-20 mins, stirring halfway and lowering the heat if necessary.

Once cooked, remove the pan from the heat and transfer the **chicken** to a board with a slotted spoon and roughly chop. **IMPORTANT**: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Finish the Prep

While the **chicken** simmers, trim and thinly slice the **spring onion**. Trim and grate the **carrot** (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 a fork.

Once the **chicken** is cooked and out of your pan, add the **black beans** (both whole and mashed) and **carrot** to the remaining **sauce** in the pan.



Simmer and Stir

Stir everything together, then boil vigorously on high heat until reduced to a thick **sauce**, 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 add **salt** and **pepper** if needed.



Bake and Serve

When the **wedges** are ready, transfer them to an ovenproof dish. Spoon the **chicken** and **sauce** on top.

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

When ready, remove from the oven and sprinkle over the **spring onion** to finish.

Enjoy!