

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



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







Spring Onion

Potatoes





Carrot



Mature Cheddar Cheese



Black Beans







Cider Vinegar

Diced Chicken Thigh

BBQ Sauce



Chipotle Paste



Pantry Items

Oil, Salt, Pepper

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.

Happy cooking!

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

Ingredients

Ingredients	2P	3P	4P			
Potatoes	450g	700g	900g			
Spring Onion**	1	2	2			
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

Nuclicion			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	557g	100g	557g	100g
Energy (kJ/kcal)	2720 /650	489/117	2459 /588	442/106
Fat (g)	25.1	4.5	15.0	2.7
Sat. Fat (g)	10.6	1.9	7.6	1.4
Carbohydrate (g)	63.9	11.5	63.7	11.4
Sugars (g)	11.7	2.1	11.7	2.1
Protein (g)	46.5	8.4	49.4	8.9
Salt (g)	2.06	0.37	1.99	0.36

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

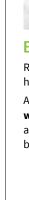
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Cook the Wedges

Preheat your oven to 220 $^{\circ}$ C/200 $^{\circ}$ 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 and thinly slice the **spring onion**. 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.



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.

Once cooked, transfer to your chopping board and roughly chop into small pieces.

CUSTOM RECIPE

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



Bring on the BBQ Sauce

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

Add the **BBQ sauce**, **cider vinegar**, **chipotle paste**, **water for the sauce** (see pantry for amount) and a pinch of **salt** and **pepper**. Stir to combine and bring to a simmer.



Combine and Simmer

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, share between your plates and scatter over the **spring onions** to finish.

Enjoy!