



Pulled BBQ Chicken Naanizza

with Cheddar Cheese, Roasted Peppers and Onion

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

37



Bell Pepper



Red Onion



Chicken Thigh



Sun-Dried Tomato Paste



Tomato Puree



BBQ Sauce



Mature Cheddar Cheese



Plain Naan



Chicken Fillet

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, bowl and grater.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Chicken Thigh**	3	5	6
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Tomato Puree	1 sachet	1 sachet	2 sachets
BBQ Sauce	64g	96g	128g
Mature Cheddar Cheese**	60g	90g	120g
Plain Naan 7) 13)	2	3	4
Chicken Fillet**	2	3	4

Pantry	2P	3P	4P
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

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

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3394/811	693/166
Fat (g)	33.3	6.8
Sat. Fat (g)	12.1	2.5
Carbohydrate (g)	81.0	16.6
Sugars (g)	18.9	3.9
Protein (g)	44.1	9.0
Salt (g)	2.28	0.47
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	515g	100g
Energy (kJ/kcal)	3049/729	593/142
Fat (g)	18.5	3.6
Sat. Fat (g)	7.8	1.5
Carbohydrate (g)	81.2	15.8
Sugars (g)	19.0	3.7
Protein (g)	56.8	11.0
Salt (g)	2.31	0.45

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

Allergens

7) Milk 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.

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Halve the **pepper** and discard the core and seeds.
Slice into thin strips.

Halve and peel the **onion**. Cut each half into 4-5 wedges.



Prep your Toppings

Once the **chicken** and **veg** are cooked, remove from the oven. Add the **roasted veg** to the **BBQ mixture**.

Use two forks to shred the **chicken** as finely as you can, then add to your **BBQ mixture** and combine well.



Roasting Time

Pop the **pepper**, **onion** and **chicken thighs** onto a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and make sure the **chicken thighs** lay flat. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until the **chicken** is cooked through and the **veg** is soft, 16-18 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.

CUSTOM RECIPE

If you've chosen to get **chicken breasts** instead of **thighs**, prep and cook everything in the same way, but roast them for a little longer, 25-30 mins.



Assemble and Bake

Turn your oven up to 240°C/220°C fan/gas mark 9.
Pop the **naans** onto your baking tray (no need to wash). Share the remaining **BBQ sauce** between them and spread out with the back of a spoon, leaving a 1cm border.

Top with the **BBQ chicken and veg mixture**, then sprinkle over the **cheese**. Bake on the top shelf of your oven until the **cheese** is golden and bubbling, 6-7 mins.



Make the BBQ Mixture

Meanwhile, pop the **sun-dried tomato paste**, **tomato puree** and **half** the **BBQ sauce** into a large bowl. Mix in the **water for the sauce** (see ingredients for amount) and set aside.

Grate the **Cheddar**.



Serve

When ready, serve your **BBQ chicken naanizzas** on plates.

Enjoy!