



Pulled Chicken Burgers

with Wedges and Tangy Slaw

CLASSIC 40 Minutes • Little Heat • 1 of your 5 a day

N° 1



BBQ Sauce



Cider Vinegar



Red Chilli



Chicken Thigh



Potato



Carrot



Baby Gem Lettuce



Mayonnaise



Burger Bun



Halloumi



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

Basic cooking tools, you will need:

Saucepan, Baking Tray and Vegetable Peeler.

Ingredients

	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Red Chilli**	½	¾	1
Chicken Thigh**	4	6	8
Potato**	1 small pack	1 large pack	2 small packs
Carrot**	1	1	2
Baby Gem Lettuce**	1	2	2
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Burger Bun 8) 11) 13)	2	3	4
Halloumi 7)**	1 block	1½ blocks	2 blocks
*Not Included ** Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	646g	100g
Energy (kJ/kcal)	3579 /856	554 /133
Fat (g)	31	5
Sat. Fat (g)	8	1
Carbohydrate (g)	101	16
Sugars (g)	19	3
Protein (g)	47	7
Salt (g)	1.41	0.22
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	771g	100g
Energy (kJ/kcal)	5468 /1307	709 /170
Fat (g)	67	9
Sat. Fat (g)	27	3
Carbohydrate (g)	103	13
Sugars (g)	22	3
Protein (g)	76	10
Salt (g)	4.53	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 11) Soya 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.



1. Make the BBQ stock

Preheat your oven to 200°C. Put the **water** (see ingredients for amount) in a large saucepan over high heat. Add the **BBQ sauce** and **half the cider vinegar**. Halve the **chilli** lengthways, deseed then finely chop. Add as much **chilli** as you like to your pan and season with **salt** and **pepper**. Bring the **stock** to the boil, giving it a good stir to ensure everything is combined.



4. Prep the Slaw

Trim and peel the **carrot**, then pull a vegetable peeler lengthways along it to make long thin ribbons. Add the **carrot** to a mixing bowl. Trim the root from the **baby gem lettuce**. Take off one leaf per person and reserve - these will go in each burger. Halve the remaining **lettuce** lengthways. Thinly slice widthways. Add this to the bowl with the **carrot**.

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If you've added **halloumi** to your meal, slice the **halloumi** widthways into 3 pieces per person. Heat a drizzle of **oil** in a medium frying pan on a medium-high heat. When hot, add the **halloumi** and cook for 2-3 mins on each side until golden brown.



2. Cook the Chicken

Once the **stock** is boiling, lower the heat to medium, add the **chicken thighs** so they are submerged in the liquid and cover the pan with a lid. **TIP:** *If the chicken isn't submerged in liquid, top up with water to just cover the meat.* Simmer until the **chicken** is cooked, 15-20 mins, stirring halfway. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* Once cooked, remove the pan from the heat and transfer the **chicken** to a plate.



5. Make the Dressing

In a bowl, combine the **mayonnaise** with the remaining **cider vinegar**, and a pinch of **salt** and **pepper**. Halve the **burger buns**. Heat in your oven 5 mins before the **wedges** are ready. Once the **chicken** is cooked and out of your pan, boil the remaining **liquid** vigorously on high heat until reduced to a thick sauce, 3-4 mins. **TIP:** *Stir frequently to stop it burning!* Remove from the heat.



3. Bake the Wedges

Meanwhile, chop the **potato** into 2cm wide wedges (no need to peel). Pop on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and bake on the top shelf of your oven until golden and crispy, 25-30 mins. Turn halfway through cooking. **TIP:** *Use 2 baking trays if necessary - you want them spread out.*



6. Burgers, Assemble!

Use two forks to shred the **chicken** as finely as you can. Return the shredded **chicken** to the pan with the reduced **BBQ sauce mixture**. Give it a stir to ensure the **chicken** is well coated in all that flavour! Add the **mayonnaise** dressing to the bowl with the **lettuce** and **carrot** and toss to combine. Fill the **burger buns** with the **pulled chicken**, top with the reserved **lettuce** and serve alongside the **wedges** and **tangy salad**. **Dig in!**

CUSTOM RECIPE

Top with the fried **halloumi** and the reserved **lettuce** and serve alongside the **wedges** and **tangy salad**.