










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

Customer Favourites 40-45 Minutes • Medium Spice

36



-  Potatoes
-  BBQ Sauce
-  Cider Vinegar
-  Chipotle Paste
-  Diced Chicken Thigh
-  Spring Onion
-  Carrot
-  Mature Cheddar Cheese
-  Black Beans

Before you start

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

Cooking tools

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

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Water*	100ml	150ml	200ml
BBQ Sauce	64g	96g	128g
Cider Vinegar 14	1 sachet	1 sachet	2 sachets
Chipotle Paste	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	280g	420g	560g
Spring Onion**	1	2	2
Carrot**	1	1	2
Mature Cheddar Cheese** 7	60g	90g	120g
Black Beans	½ carton	¾ carton	1 carton

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	560g	100g
Energy (kJ/kcal)	2772 /662	495 /118
Fat (g)	26	5
Sat. Fat (g)	10	2
Carbohydrate (g)	63	11
Sugars (g)	11	2
Protein (g)	44	8
Salt (g)	1.58	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

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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Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** 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*. Roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.



Finish the Prep

While everything cooks, trim and thinly slice the **spring onion**. Trim and coarsely 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 crushed) and **carrot** to the remaining **sauce** in the pan.



Start the Sauce

Meanwhile, put the **water** (see ingredients for amount) in a large saucepan on high heat. Add the **BBQ sauce**, **cider vinegar**, **chipotle paste** and a pinch of **salt** and **pepper**. Bring the **sauce** to the boil, giving it a good stir to ensure everything is combined.



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!* Stir in the **chicken** and simmer for 2 mins, then remove from the heat. Taste and add **salt** and **pepper** if needed.



Add the Chicken

Once the **sauce** is boiling, lower the heat to medium, stir in the **chicken** and cover the pan 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 just the **chicken** to a board with a slotted spoon. Roughly chop the **chicken**. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.*



Bake and Serve

When the **wedges** are ready, transfer them to an ovenproof dish. Spoon the **chicken mixture** on top of the **wedges**. Sprinkle on the **cheese** and bake in the oven until the **cheese** is golden and bubbling, 5-6 mins. Remove from the oven, sprinkle over the **spring onion** and serve.

Enjoy!