



# BBQ Chicken Loaded Wedges

with black beans and melted cheese

Family 30-35 mins • Spicy

5



Diced Chicken Breast



BBQ Sauce



Chipotle Paste



Scallion



Grated Cheese



Black Beans



Potatoes



BBQ Rub



Onion



Tomato

Pantry Items: Oil, Salt, Pepper, Water

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, oven dish, sieve, pot with lid

## Ingredients

|                      | 2P        | 4P        |
|----------------------|-----------|-----------|
| Diced Chicken Breast | 260 g     | 520 g     |
| BBQ Sauce            | 2 sachets | 4 sachets |
| Chipotle Paste       | 2 sachets | 4 sachets |
| Scallion             | 1 unit    | 2 units   |
| Grated Cheese        | 50 g      | 100 g     |
| Black Beans          | 1 pack    | 2 packs   |
| Potatoes             | 3 units   | 6 units   |
| BBQ Rub              | 1 sachet  | 2 sachets |
| Onion                | 1 unit    | 2 units   |
| Tomato               | 2 units   | 4 units   |

## Nutrition

|                                 | Per serving            | Per 100g               |
|---------------------------------|------------------------|------------------------|
| <b>for uncooked ingredients</b> | <b>834 g</b>           | <b>100 g</b>           |
| Energy (kJ/kcal)                | 3481.1 kJ/<br>832 kcal | 417.4 kJ/<br>99.8 kcal |
| Fat (g)                         | 20.7 g                 | 2.5 g                  |
| Sat. Fat (g)                    | 8.4 g                  | 1 g                    |
| Carbohydrate (g)                | 98.2 g                 | 11.8 g                 |
| Sugars (g)                      | 15.8 g                 | 1.9 g                  |
| Protein (g)                     | 52.7 g                 | 6.3 g                  |
| Salt (g)                        | 4.4 g                  | 0.5 g                  |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



You can recycle me!



## Make the Wedges

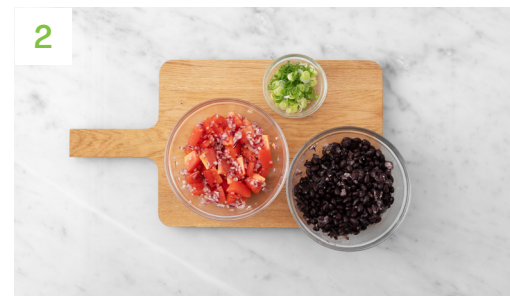
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wedges (no need to peel).
- Pop the wedges onto a large (lined) baking tray.
- Drizzle with **oil**, and season with **BBQ rub, salt and pepper** then toss to coat. Spread out in a single layer.
- Cook on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



## Simmer the Chicken

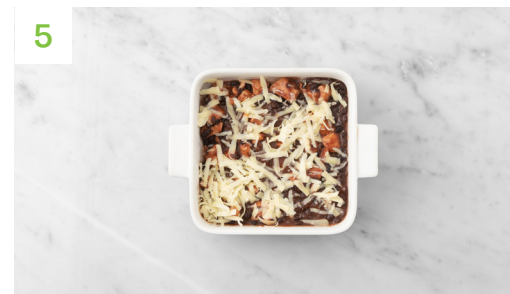
- Cover and simmer until **chicken** is cooked and tender, 10-12 mins. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. Chicken is safe to eat when no longer pink in the middle.
- Stir occasionally to prevent sticking and lower the heat if necessary.



## Make the Salsa

- Meanwhile, trim and thinly slice the **scallion**.
- Cut the **tomato** into 2cm chunks.
- Halve, peel and chop the **onion** into small pieces.
- Mix the **onion** and **tomato** in a bowl and season with **salt** and **pepper**.
- Drain and rinse **black beans** then pop into a medium bowl and roughly mash with a fork.

**TIP:** The smaller you chop the onion, the less of a bite it will have.



## Melt the Cheese

- Once **chicken** has cooked, taste the sauce and season with **salt** and **pepper**. It should have a thick consistency.
- Pop the BBQ **chicken** and **bean** mix into an oven dish and top with the **grated cheese**.
- Bake in the oven until the **cheese** is golden and bubbly, 5-6 mins.

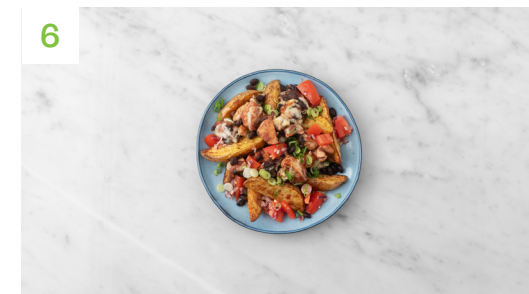
**TIP:** If the sauce becomes too thick, loosen with a splash of water.



## Start the Sauce

- Add 150ml **water** (double for 4p) to a pot and place over high heat.
- Add the **BBQ sauce, 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.
- Once boiling, lower the heat to medium then add the **chicken** and **beans**.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.



## Dish Up

- Remove the **potato** wedges from the oven and sprinkle over the **onion** and **tomato** salsa.
- Garnish the BBQ **chicken** with the sliced **scallion**.
- Serve separately and have everyone pile the BBQ **chicken** on top of their wedges at the table.

**Enjoy!**