Pulled BBQ Chicken

Ingredients

- 41 g Maggi Juicy BBQ Chicken
- 700 g skinless, boneless chicken thighs
- 3 tablespoons Barbecue Sauce
- 200 g Red Cabbage
- 200 g white cabbage
- 3 Mediums Carrots
- 75 g Light Mayonnaise
- 2 Mediums Gala Apple
- 6 Mediums Soft white bread rolls
- 325 g Cherry Tomatoes

Instructions

1. Set the oven to 150˚C (130˚C for fan ovens) or Gas Mark 2.

2. Put the chicken thighs into the bag with the seasoning mix. Close the bag with the red tie and massage the spices into the chicken. Lay the bag flat into a ovenproof dish and roast in the oven for 90-120 minutes until the meat is really tender.

3. Remove the chicken from the oven and leave for 2-3 minutes to cool before you carefully open the bag at one end. Tip the meat out into the dish and using 2 forks shred the meat. Add the barbecue sauce if using and return the chicken to the oven for 20 minutes until sticky and bubbling.

4. Finely slice or grate the cabbages and tip into a large mixing bowl. Peel the carrots and grate into the bowl with the cabbage. Finely slice the apple and add to the bowl with the sliced spring onions. Add the mayo and season if you like. Wash the cherry tomatoes.

5. Warm the rolls in the oven for a few minutes then split them in half add some shredded bbq chicken and some coleslaw on top and cherry tomatoes on the side.

Nutrition

Carbohydrate	60.89 g
Energy	510.67 kcal
Fat	16.99 g
Fibre	6.41 g
Protein	29.54 g
of which: saturates	3.99 g
Sodium	866.37 mg
of which: sugars	22.35 g

161 Minutes

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