

5. CRUNCHY SALAD

Shred the cabbage & lettuce. Peel & grate the carrot & toss together.

ASSEMBLE THE MEAL

6.

Place the chips in a bowl & top with the pulled chicken, sour cream & some sliced spring onions.

7.

Serve with the crunchy salad on the side & enjoy your fakeaway!

ZERO WASTE

Keep your potato peelings to make crisps! Drizzle your peelings with a smidge of oil and bake into crispy snacks!



Why not cook the chicken & chips at the same time to save on the running costs of the oven.

Aspens
🌿🌿🌿🌿🌿

FEED YOUR
FAMILY
FOR £5

BBQ PULLED CHICKEN LOADED CHIPS





INGREDIENTS

Main Ingredients	Cost £	Veggie Switch	Cost £
400g Chicken Breast Fillets (Frozen)	1.70	Jackfruit in water can 400g	1.75
500ml Diet Cola	0.16		
100g Classic BBQ Sauce	0.21		
1 x Brown Onion	0.12		
3 x Garlic Cloves	0.14		
1 tsp (2g) Smoked Paprika	0.04		
4 x Large Baking Potatoes	0.84		
1/2 Iceberg Lettuce	0.38		
2 x Carrots	0.18		
1/4 Red Cabbage	0.20		
100g Sour Cream	0.35		
1/2 Bunch of Spring Onions	0.25		
TOTAL COST	4.57		4.62

Prices correct at time of printing and may vary. All items available from leading supermarkets.

Please observe the allergen information on the product packaging.

Based on a family of four.

View our video online



PULLED BBQ CHICKEN

1.

Defrost the chicken in the fridge over night. Place the chicken fillets into a deep dish. Dice the onion into chunks & chop garlic add to the chicken.

2.

Mix the cola, bbq sauce & paprika together and place over the chicken, cover with foil tightly and cook at 180c in the oven until pull apart tender (60 to 90 mins).

3.

Once cooked pull the chicken apart with 2 forks and if you like the sauce a little thicker simmer on a stove until reduced and thickened.



VEGGIE SWITCH

For a great veggie version, switch out the chicken for Jackfruit. Just cut the cooking time to 30mins.



4.

HOME BAKED FRIES

Peel and chop the potatoes into chips, place in a pan of cold water and bring to the boil, simmer for 3 mins.

Drain and drizzle with a little oil before baking at 180C until golden & cooked through (approx 30-40 mins in the oven).



- Good for you



- Good for the planet