



FOR the
Little ONES



apple
wedges

Sweet
Potato

BUN with PULLED
CHICKEN & CHEESE



PULLED CHICKEN SLIDER TRAY

Soft slider buns filled with saucy pulled chicken, served with sweet potato fries and creamy coleslaw.



40 MINUTES



CHICKEN



2 SERVINGS

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	32g	67g

FROM YOUR BOX

SWEET POTATO	400g
SHALLOT	1
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
CHICKEN SCHNITZELS	300g
CABBAGE	1/4
APPLE	1
AIOLI	1 sachet
SLIDER BUNS	4-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground or smoked paprika, soy sauce, honey

COOKING TOOLS

oven tray, large frypan

You can cook the chicken in a slow cooker on low for 4-5 hours or high for 2-3 hours before shredding into the sauce. The pulled chicken is delicious served in wraps too!

No gluten option - slider buns are replaced with large GF burger buns.



1. Bake the fries

Set oven to 220°C.

Cut **sweet potato** into fries. Place on a lined oven tray and toss with **oil, salt and pepper**. Bake for 25-30 minutes, turning halfway, until golden.

tip Cut into wedges or rounds if you prefer!



4. Make the slaw

Meanwhile, thinly slice **cabbage** and **apple**. Toss together with **aioli**. Set aside in the fridge until serving.



2. Start the chicken

Slice **shallot** and add to a large frypan with **oil** over medium heat. Cook for 3-4 minutes until softened. Add **crushed garlic** and **1 tsp paprika** and cook for 1 minute.

tip You can use smoked or ground paprika, or a mix of both.



3. Simmer the chicken

Stir in **tomato paste, 1/2 tbsp honey, 1/2 tbsp soy sauce** and **1/2 cup water**. Trim and add **chicken schnitzels** and simmer, covered, for 10-12 minutes until cooked through. Turn them over halfway.



5. Shred the chicken

Remove **chicken** from the pan and shred (or slice) using 2 forks. Meanwhile, simmer the **sauce** for 3-5 minutes or until slightly reduced and thickened. Return **chicken** to the pan and toss to coat. Season with **salt and pepper** to taste.

tip Add BBQ sauce for extra flavour!



6. Finish and serve

Halve **slider buns** and warm in the oven for 2-4 minutes if you like.

Arrange on a platter with **pulled chicken, slaw and sweet potato fries**. Let everyone build their own **sliders** at the table.