

Pulled Chicken Wraps

⌘ Set and forget Pulled Chicken ⌘

Ingredients:

- 1.5kg (about 5-6 count) boneless, skinless chicken breasts, trimmed of fat
- 1-1/2 cups BBQ Sauce (I used the cheapest I could find)
- 1/2 medium onion, grated (with juice)
- 1 Tablespoons olive oil
- 1 Tablespoons worchestershire sauce
- 2 Tablespoons brown sugar

Method:

- Stir together all sauce ingredients in a slow cooker.
- Add chicken and turn to coat.
- Cover and cook on high 3 to 4 hours or on low for 6 – 7 hours.
- Chicken is done when cooked through and easy to shred
- Remove chicken to a cutting board or pyrex tray and shred each breast using two forks.
- Ladle sauce over chicken, I then put it in the oven at 150 deg to give a bit of crunch for 5 mins
- Serve with coleslaw (Grated Carrot, Sliced Cabbage, Sliced Capsicum, and Egg Mayo)

Notes:

We put the chicken and coleslaw in a wrap.

You could try different ingredients such as smoked paprika, honey, etc to change the flavour to your liking.

Previous recipes: Shakshuka, Puttanesca, Asian Styled Omelette, Hot Wings, Almond Cake, Thai Spiced Chicken Meat Balls, Pork Marinade, Mushroom Steak Sauce, Hamburgers, Brownies, Tomato Meatball Casserole, Vanilla Slice, Blondies, Chinese Beef Ribs, Tuna Mornay, Fudge Top Pudding, Chicken and Mushroom Pasta, Quiche, Spring Rolls, Satay Chicken, Pancakes, Mousse Cake. If you've missed any, let me know and I can get you a new copy.

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