

BBQ Pulled Chicken, Jacket Potatoes



Ingredients

- 1kg chicken breasts
- 1 bottle BBQ sauce
- 2 peppers, sliced
- 2 onions, sliced
- 4 large potatoes
 - 1 tbsp oil
 - 1 tsp salt
 - 1 tsp pepper

Methods

1. Place the chicken breasts in the bottom of the slow cooker.
2. Add in the peppers & onions.
3. Pour the BBQ sauce over the chicken and veg.
4. Put the slow cooker on low and cook for 6 hours.
5. Remove the chicken breasts and shred with a fork then return to the sauce for ½ an hour.

For the baked potatoes

1. Prick the potatoes with a fork.
2. Mix the oil and salt and pepper.
3. Rub the potatoes with the seasoned oil.

To microwave

Place potato on microwave-safe plate and microwave for 7 minutes, turning over halfway through cooking. If your potato isn't fork tender after 7 minutes, continue microwaving in 1 minute increments. Let rest for 2 minutes.

To air fry

Arrange the potatoes in a single layer in an air fryer basket. Set the air fryer to 200°C and cook for 40-50 minutes, or until a sharp knife goes through the potatoes easily. Check the potatoes after 20 minutes – if they seem to be browning too quickly on one side, turn them over using tongs, then check again after another 20 minutes to ensure they're cooked through.

To slow cook

Put the potatoes into the slow cooker, put on the lid. Cook on high for 4 ½ to 5 hours or cook on low for 7 ½ to 8 hours.

To oven cook

Heat the oven to 220°C or gas mark 7. Put on the top shelf of the oven. Bake for 20 minutes, then turn down the oven to 190°C, gas mark 5 and bake for 45 minutes to 1 hour more until the skin is crisp and the inside soft.

Note: Keep 400g of the BBQ chicken aside for the creamy BBQ chicken pasta.