

PULLED BBQ CHICKEN



Slow Cooker
6-8 hours

Shredded BBQ chicken that's perfect for rolls, wraps, nachos, or salads. Incredibly versatile.



INGREDIENTS

- 8 Boneless chicken thighs
 - 200ml BBQ sauce
 - 1 Onion, finely diced
 - 2 Cloves Garlic Crushed
 - 1 tbsp smoked paprika
 - 1 tbsp brown sugar
- Place the chicken in the slow cooker
 - Mix all other ingredients and pour over.
 - Cook on Low for 6-8 hours.
 - Shred with two forks and mix back through the sauce.
 - Serve in a roll or with sides

Can leave on low for when you get home from work.

Extra portions can be taken to work for meals on the go

If you have a slow cooker in the cab can cook out on the road