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COMPLETE MEAL

BBQ Chicken

Succulent, non-fried chicken grills served with jacket potatoes, coleslaw and baked beans in a homemade barbeque sauce.

Makes 10 portions (222g/portion)

Ingredients

600g		**10 Green Gourmet Chicken Grills 60g (GG Code - 7229)**
1180g	(10 medium)	potatoes, skin on
BBQ beans		
400g		baked beans, reduced sugar and salt
5g	(1 tsp)	Worcestershire sauce
8g	(1 tsp)	French mustard
Coleslaw		
250g	(½ medium)	white cabbage, finely sliced
60g	(1 medium)	carrot, grated
125g	(1 medium)	red apple, grated
5ml	(1 tsp)	lemon juice
20g		sultanas
125g		low fat yoghurt

Method

1. Place the Green Gourmet Chicken Grills onto a greased baking tray. Cook as cooking instructions.

2. Bake the potatoes.

3. Make the BBQ beans by adding the Worcestershire sauce and French mustard to the baked beans (make sure that they are low salt and sugar).

4. Make the coleslaw by mixing all ingredients together and serve with the baked potatoes, chicken grill and baked beans.

Serving Suggestions

This recipe would work with other types of beans, such as barlotti or canellini. Both are good sources of minerals and fibre but it might be an idea to add some tomato puree to the beans to flavour

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
105.1	**1.8**	**0.2**	**16.3**	**0.6**	**1.8**
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
6.3	**1.3**	**0.4**	**35.7**	**59.7**	**9.5**
Folate (µg)	Sodium (mg)				
28.9	**124.8**				

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