

REV90 PULLED CHICKEN WITH APPLE & RADISH COLESLAW



SAVEUR PRODUCT USED

LOW N' SLOW BBQ SPICE, CALIFORNIA ONION MIX

SUBSTITUTIONS

Substitute chicken for turkey or beef.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

1 lb. (500g) boneless, skinless chicken breasts or thighs

1 tbsp. *Saveur* Low N' Slow BBQ Spice

PREPARATION INGREDIENTS

1 cup chicken stock

1 Granny Smith (green) apple, peeled and cut into matchsticks

4 radishes, chopped finely into matchsticks

¼ green cabbage, finely shredded

1 cup mint leaves, finely shredded

¼ cup cottage cheese (only if in maintenance)

**1 tbsp. *Saveur* California Onion Mix
Lettuce**

METHOD

Rub Low N' Slow BBQ Spice over chicken. Place in large zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Place all bags into large zip top bag, date, label and freeze until ready to use.

COOKING INSTRUCTIONS

Thaw in fridge overnight following the safe thaw instructions. Add chicken and chicken stock to slow cooker and cook on low for 4-5 hours or on high for 2-3 hours. Chicken should be tender and shred easily with a fork. Pull apart using two forks. If using an Instapot or pressure cooker, follow instructions for the appropriate cooking time. Once cooked, allow meat to rest for 15 minutes.

In a large bowl, combine apple, radish, cabbage, mint, California Onion Mix, and cottage cheese. Serve chicken in lettuce cups with apple and radish coleslaw on the side.

