



Cheesed Off Chicken

Serves 1

Ingredients

1 x 110g raw (85-90g cooked)	Chicken Thigh	½	Jacket potato
1x 30g raw (15-20g cooked)	Unsmoked Bacon Rasher	35g	Chunky BBQ Sauce
		25g	Bladen Reduced Fat Cheese, <i>grated or sliced</i>
	Water to poach	20g	BBQ drizzle
2g	Salt		
pinch	Ground black pepper		

Method

1. Prepare chicken, lay bacon rasher out flat, add chicken thigh and roll the rasher around the thigh as tightly as possible, turn the thigh presentation side up and secure the bacon using the underside of the thigh.
2. Gently poach the chicken in seasoned water in a hot oven for 20-30 mins, check core temperature and remove from oven.
3. Cook jacket potatoes until the centre is fully cooked and soft.
4. Remove jacket potatoes from the oven, cut in half.
5. Fluff the centres of the jacket potatoes and top with Texan BBQ Sauce.
6. Add a bacon wrapped chicken thigh on top of the sauce.
7. Top chicken with 25g of cheese (*preferably a slice of cheese*) or grated.
8. Return chicken to a hot oven and bake until cheese has melted.
9. Remove from oven and drizzle with BBQ sauce to present.
10. Serve with fresh vegetables or salad.

