

## Pulled Chicken Baps with Barbecue Sauce



**Serves 4**

**Prep 20 mins**

**Cooking 1h 5 mins**

**Easy**

### **Ingredients**

1 tbsp olive oil  
1 onion, finely chopped  
2 skinless chicken breasts, sliced in half horizontally  
2 skinless boneless chicken thighs  
400g tinned chopped tomatoes, pureed  
1 tsp (smoked) paprika  
1 tbsp fresh apple juice  
2 tbsp balsamic vinegar  
1 tbsp Worcestershire sauce  
80g soft dark soft brown sugar  
1 tbsp tomato ketchup  
4 white or brown baps, halved  
sea salt and freshly ground black pepper  
Chips and a mixed salad (optional), to serve

1. Heat the oil in a non-stick saucepan over medium heat. Add the onion and fry for 2 -3 mins until softened. Add all the remaining ingredients except the bread, bring to the boil, then cover with a lid , turn down the heat to low and leave to simmer for an hour until the chicken is cooked through and the sauce is thick, stirring occasionally. If it gets dry add a further 3 - 4 tbsp of water.
2. Lift out the chicken from the sauce and shred the meat, using two forks. Blitz the sauce in a blender until smooth, then pass through a sieve.
3. To assemble the baps, mix together some chicken and sauce and pile into the baps. Serve with chips and salad if you like.