

OREGANO PULLED CHICKEN

BASED ON A RECIPE BY HUNGRY LITTLE BEARS



QUICK

2 mins prep
time and 4
hours cooking
time

HEALTHY

Chicken thighs are a
good source of selenium,
which is needed for a
healthy immune system.
immune system.

FAMILY



Feeds 5

MEALS

Serve it with a fresh green
salad or coleslaw in a
wholemeal tortilla wrap

INGREDIENTS

- 8 boneless and skinless chicken thighs
- 2-3 tsp dried oregano
- 2-3 tsp garlic granules
- 150 ml chicken stock
- Salt and pepper
- Optional – few sprigs fresh oregano
- 8 wholemeal tortilla wraps or romaine lettuce leaves

METHOD

- 1) Lay the thighs out
- 2) Sprinkle with half the garlic granules, oregano, salt and pepper
- 3) Turn over and repeat
- 4) Place in a slow cooker
- 5) Pour the chicken stock over the top
- 6) Place fresh oregano sprigs in (if using)
- 7) Cook on low for 4 hours
- 8) Take out and shred with 2 forks
- 9) Put into a tortilla/romaine lettuce leaf with a salad or coleslaw
- 10) Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com