



Shredded Barbecue Chicken Pancakes
RECIPE

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<?xml version="1.0"?>

TIME

60 MINS

INGREDIENTS

8 items

MAKES

16 servings

A delicious take on the classic Chinese style duck pancakes. Try these shredded chicken pancakes with crunchy veggies and crispy garlic and shallots. A real crowd pleaser, and easy and quick to prepare.

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INGREDIENTS

- 4 Spring Onions, trimmed, cut into 4 cm pieces, then thinly sliced lengthways
- 1.5 kg Whole Chicken
- 100 g MasterFoods™ Professional Barbecue Sauce, plus extra for serving
- 8 to 12 small Flour Wraps or Pancake Wraps
- 1 Cucumber, middle seeds discarded, cut into long batons
- 1-2 tbsp. Sesame Seeds, lightly toasted
- 1-2 tbsp. Fried Shallots (optional)
- 1-2 tbsp. Fried Garlic Chips (optional)

Cooking Instructions:

1. 1

Preheat an oven to 180°C. Place trimmed spring onions in iced water and set aside until needed.

2. 2

On a shallow baking tray, roast chicken for approximately 1 hour, depending on the size of the chicken (roast for 20 to 25 minutes per 500 g).

3. 3

For the last 20 minutes of cooking, coat the chicken with half the barbecue sauce.

4. 4

Remove chicken from oven and leave to rest for at least 20 minutes.

5. 5

Break down the chicken into six pieces. Thinly slice the breast against the grain and shred the remaining pieces.

6. 6

Stir through the remaining half of the barbecue sauce, adding more if desired.

7. 7

Warm up the wraps and assemble using 1 tsp. barbecue sauce, arranging a mix of shredded and sliced chicken on one side and cucumber batons next to it, followed by sesame seeds, and spring onion. If using, sprinkle on some fried shallots and garlic chips for texture.

Tips:

1. 1

This dish can be served with steamed brown rice and veggies.

2. 2

Replace chicken with firm pan-fried tofu for a vegan option.

More Menu Ideas



[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[New York Inspired Tagliatelle Pasta](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)



[Moroccan Lamb](#)

Cooking time

15-20 minutes

Ingredients

15 items

[SEE DETAILS](#)

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