

CHICKEN COOKING GUIDE



Est. 2009

ribs & roast

THE OUTLET

SEASONED MIDWING & DRUMETTE MIX

1. Preheat your oven to 200°C.
2. Cut open the bag and pour the contents into a baking tray.
3. Season with your favourite chicken rub and a splash of olive oil.
4. Place the tray in the oven and bake for approximately 10-15 minutes.
5. For extra char and flavour, toss the wings onto a chargrill for an additional few minutes.
6. Serve with your choice of sides.

Serving Suggestion: Pair with a refreshing coleslaw and a side of crispy fries for a perfect game day snack or an easy dinner

CHICKEN BREAST

1. Remove the chicken breast from the bag and season to taste.
2. Slice the chicken breast cold as desired.
3. Heat through your preferred sauce in a fry pan over medium heat for 2-3 minutes.
4. Add the sliced chicken to the pan and stir to coat with the sauce.

Serving Suggestion: Serve on a bed of mixed greens or with a side of roasted vegetables for a quick and satisfying meal.

PROVENCE CHICKEN

1. Slice the chicken cold in preparation for use.
2. Perfect for heating on top of pizzas, inside wraps, focaccias, and sandwiches.
3. Can also be added to salads and other ready-made meals.

Serving Suggestion: Top a fresh green salad with the sliced Provence chicken for a delicious and easy lunch or dinner option.



PULLED CHICKEN

1. Preheat your oven to 220°C.
2. Cut open the bag and pour all contents into a baking tray, including the juices.
3. Season with your favourite spice rub or sauce.
4. Bake in the oven for approximately 15-20 minutes turning at the half way mark.
5. Once heated through, gently pull apart the meat with two forks, mixing it with the juices.

Serving Suggestion: Perfect for making flavourful chicken tacos or pulled chicken, lettuce and mayo sandwiches.

PORTUGUESE HALF CHICKEN

1. Preheat your oven to 220°C.
2. Cut open the bag and place the half chicken onto a baking tray.
3. Bake for approximately 20-25 minutes or until the skin is crispy and the meat is heated through.

Serving Suggestion: Serve with a side of rice or chips, a fresh cucumber salad and your favourite Peri Peri sauce.

BBQ HALF CHICKEN

1. Preheat your oven to 220°C.
2. Cut open the bag and place the BBQ half chicken onto a baking tray.
3. Bake for approximately 20-25 minutes, or until the skin is crispy and the meat is heated through.

Serving Suggestion: Serve with roast vegetables, green beans and a rich gravy for a Sunday classic.

