



# Oriental Pulled Chicken

## BOA BUN



1. Place two chicken breasts or de-boned chicken thighs in a oven dish with two tablespoons of water.
2. Cook for 30mins at 120c ( this is the slow cook part )
3. Add one third of your Oriental sauce to the oven dish and up the heat to 180c and cook for 10mins.
4. Remove from the oven and with two forks separate the chicken and mix in all the sauce in the oven dish.
5. Add additional sauce if needed.
6. Your pulled chicken is now ready to serve for your chosen reason to season.