



Shredded Chicken (w/ Thermi instructions)

2 servings

20 minutes

Ingredients

1 tsp Sea Salt
227 grams Chicken Breast (skinless,
boneless)

Directions

- 1 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
- 2 Remove chicken and shred into pieces using two forks.
- 3 THERMI - place halved chicken into bowl with splash of olive oil, salt and pepper. 18 mins / 100 degrees / rev sp 1. Once cooked, shred for 5 sec / rev sp 4.

Notes

Leftovers: Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.

Serve it With: Any of our sides, salads or vegetarian pastas.

Serving Size: One serving is approximately 4 ounces (113 grams) of chicken.