Cider Pulled Chicken with Carrot Apple Slaw

6 large filled wraps, each with one-sixth of the chicken and slaw | Active 30 min | Cook 45 min | Total 65 min

Ingredients

- 2 lb boneless skinless chicken thighs (900 g), visible fat trimmed
- 1 tablespoon olive oil (15 ml/14 g)
- 1 medium yellow onion (180 g), thinly sliced
- 2 garlic cloves (6 g), minced
- 1 cup unsweetened apple cider (240 ml/240 g)
- 1/2 cup low-sodium chicken broth (120 ml/120 g)
- 2 tablespoons apple cider vinegar (30 ml/30 g), divided
- 1 tablespoon Dijon mustard (15 g)
- 1 teaspoon dried thyme (1 g)
- 3/4 teaspoon fine salt (4.5 g), divided
- 1/2 teaspoon ground black pepper (1 g), divided
- 3 medium carrots (240 g), coarsely grated
- 2 medium crisp apples, cored, skin left on (300 g edible weight), cut into matchsticks
- 1/2 cup plain nonfat Greek yogurt (120 g)
- 6 large whole-wheat tortillas (60 g each; 360 g total)

Set out

5-quart/4.7-liter heavy lidded pot, Instant-read thermometer, Box grater and knife, Large bowl, Six shallow storage containers

Allergens

Wheat, Milk, Mustard. Check labels and substitutions.

Make it

1. Heat oil in the heavy pot over medium heat. Add onion and cook 5 minutes, stirring, until softened. Add garlic and cook 30 seconds.

2. Add cider, broth, 1 tablespoon vinegar, mustard, thyme, 1/2 teaspoon salt and 1/4 teaspoon pepper. Nestle in chicken, bring just to a simmer, cover and cook over low heat for 22–28 minutes, turning once, until every piece reaches 165°F/74°C.

3. While the chicken cooks, whisk yogurt with remaining tablespoon vinegar, 1/4 teaspoon salt and 1/4 teaspoon pepper. Add carrots and apple and toss. Refrigerate the slaw.

4. Transfer chicken to a clean board. Simmer the sauce uncovered over medium-high heat for 5–8 minutes, until reduced to approximately 3/4 cup/180 ml. Shred chicken with two forks and return it, with its juices, to the pot; turn to coat.

5. Divide chicken and slaw into six equal portions. Warm tortillas in a dry skillet over medium heat for 15–20 seconds per side. Fill each with one portion chicken and slaw, leaving a border, then fold in the ends and roll. For meal prep, keep the three components separate.

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Estimated nutrition per serving

Calories: 480 kcal | Protein: 38.8 g | Carbohydrate: 47.3 g | Fat: 14.9 g | Fiber: 9.0 g. One of 6 servings. Batch yield: 6 large filled wraps, each with one-sixth of the chicken and slaw. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Make the portion visible

When several people share a meal-prep batch, label six containers before filling them. Distribute chicken first and sauce second, then set aside matching slaw portions. That simple division keeps the stated serving meaningful without turning dinner into a weighing exercise every time you eat.

A useful detail

The 65-minute total uses the chicken braising time for making the slaw. Avoid apple cider vinegar in place of the cup of cider: they are different ingredients.

Another way

For six plated portions, replace the tortillas with 3 cups/585 g cooked brown rice; this changes the nutrition estimate. Use freshly cooked hot rice or rice cooled and refrigerated within 1 hour of its original cooking and used within 24 hours. Reheat rice only once to 165°F/74°C and eat immediately. Rice reheated from a chilled batch must not be stored for another reheating; earlier rice cooking is outside the base time.

Use 240 g shredded cabbage in place of the carrots for a slaw that stays especially crisp.

Keep it well

Refrigerate chicken and slaw separately at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Keep chicken up to 3 days and slaw up to 2 days. Freeze chicken up to 2 months. Reheat only the chicken to 165°F/74°C, adding a spoonful of water if needed. Pack with two cold sources in an insulated bag and refrigerate on arrival. If using the rice variation, its stricter 24-hour original-cooking limit and single-reheat rule override the longer base storage period; keep rice separate.