

BBQ Pulled Chicken Sandwich with Jalapeno Coleslaw

From: Chef Julia
Serves: 4-6

Prep Time: 15 minutes
Cook Time: 30 minutes



Ingredients

- 2 lbs boneless skinless chicken breast
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1/4 cup brown sugar, not packed
- 2 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp dry mustard
- 1 1/2 cups low sugar ketchup
- 2 Tb apple cider vinegar
- 2 tsp Worcestershire sauce
- 4-6 whole wheat burger buns

For the cole slaw:

- 1 cup finely shredded green cabbage
- 1/2 cup finely shredded purple cabbage
- 1/4 cup finely shredded carrot
- 1/4 cup thinly sliced jalapeno
- 2/3 cup mayonnaise
- 1/4 cup minced onion
- 2 Tb white vinegar
- 1 Tb apple cider vinegar
- 1 Tb sugar
- Salt and pepper

Instructions

- Preheat the oven to 350F and line a baking sheet with foil or parchment paper
- Cut the chicken into very large chunks
- Mix the salt, pepper, sugar, chili, garlic, onion powder, mustard, ketchup, vinegar, and Worcestershire in a small bowl. Toss the chicken pieces with some of the sauce, enough to coat liberally
- Spray the prepared pan with non-stick pan spray and lay the dressed chicken pieces in a single layer. Cook in the preheated oven for 20-30 minutes or until the sauce is caramelized and the chicken is cooked through to 165F. There should be no pink left when the chicken is cut into, and the meat should shred easily.
- Heat the remaining sauce in a small pot over low heat until it has reduced and thickened slightly
- Allow the cooked meat to cool until you are able to touch it, then using two forks pull the chicken apart. Toss the pulled chicken with some of the reduced hot bbq sauce, enough to make it well dressed and moist but not dripping
- For the cole slaw: mix the mayo, minced onion, vinegars, sugar, and salt & pepper in a small bowl or cup. Toss the shredded cabbages, carrot, and jalapeno with enough dressing to coat well, but not so much that it will get soggy
- Assemble the sandwiches: warm the burger buns in a dry skillet over low heat to toast. Place a large spoonful of cole slaw on the bottom bun then top with a portion of pulled bbq chicken. Spread the top bun with a little extra bbq sauce and place on top. Serve immediately

Notes

For vegan option:

- Use pulled jackfruit from a can instead of chicken, heat in a pot and shred before mixing with the bbq sauce
- Use store brand Worcestershire, not Lee & Perrins
- Use veganaise for the cole slaw dressing