



BBQ Pulled Chicken Sandwiches

with Tangy Cabbage Slaw

Family Friendly

35 Minutes



Chicken Thighs



Spring Mix



Artisan Bun



BBQ Seasoning



White Wine Vinegar



Coleslaw Cabbage Mix



Mayonnaise



BBQ Sauce



Crispy Shallots

HELLO PULLED CHICKEN

A speedier alternative to pulled pork!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, tongs, medium pot, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Spring Mix	28 g	56 g
Artisan Bun	2	4
BBQ Seasoning	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Coleslaw Cabbage Mix	170 g	340 g
Mayonnaise	2 tbsp	4 tbsp
BBQ Sauce	4 tbsp	8 tbsp
Crispy Shallots	28 g	28 g
Sugar*	3 tsp	6 tsp
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Poach chicken

- Combine **BBQ Seasoning**, **half the vinegar**, **½ tbsp BBQ sauce**, **2 tsp sugar** and **1 ½ cup water** in a medium pot.
- Bring to a gentle boil over medium heat.
- Meanwhile, pat **chicken** dry with paper towels, then season with **salt** and **pepper**.
- Add **chicken** to the **boiling poaching liquid**. Cover and poach over medium heat until cooked through, 12-15 min.**



Make sauce and finish chicken

- Stir **remaining BBQ sauce** into the pot with **poaching liquid**. Continue simmering until **liquid** reduces by half, 4-5 min.
- Add **shredded chicken** to **sauce**. Stir to coat.



Make slaw

- Meanwhile, combine **mayo**, **remaining vinegar** and **1 tsp sugar** (dbl for 4 ppl) in a medium bowl. Season with **salt** and **pepper**.
- Add **coleslaw cabbage mix**, then toss to coat. Set aside.



Toast buns

- Halve **buns**, then arrange on an unlined baking sheet, cut-side up.
- Toast in the **middle** of the oven, until golden-brown, 1-2 min. (**TIP**: Keep your eye on buns so they don't burn!)



Shred chicken

- When **chicken** is cooked through, using tongs, carefully transfer **chicken** to a cutting board or large bowl.
- Keep **poaching liquid** simmering in the pot.
- Using two forks, shred **chicken** into smaller pieces.



Finish and serve

- Stack **shredded chicken**, **spring mix** and **crispy shallots** on **bottom buns**. Close with **top buns**.
- Divide **sandwiches** and **coleslaw** between plates.

Dinner Solved!