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2017

## Pulled Chicken Sliders

with Tangy Cabbage Slaw

Southern barbeque is famous for its tangy, vinegar-based sauce. Balanced by a touch of brown sugar and tossed with juicy pulled chicken, this barbecue sauce will have you ditching the bottled kind. A little bit of slaw on the sliders is an essential addition.



Chicken Tenders



Brown Sugar



BBQ Seasoning



White Wine Vinegar



Chicken Broth Concentrate



Brioche Slider Buns



Spring Mix



Green Onions



Coleslaw Mix



Mayonnaise



Ketchup

## Ingredients

Chicken Breast		2 pkg (680 g)
Brown Sugar		1 pkg (2 tbsp)
BBQ Seasoning	6)	1 pkg (2 tsp)
White Wine Vinegar	1)	3 pkg (6 tbsp)
Chicken Broth Concentrate		2 pkg
Brioche Slider Buns	2) 3) 5)	8
Spring Mix		1 pkg (113 g)
Green Onion		4
Coleslaw Mix		1 pkg (340 g)
Mayonnaise	3) 4)	4 pkg (4 tbsp)
Ketchup		1 pkg (2 tbsp)
Sugar*		1 tsp

\*Not Included

## Allergens

1) Sulphites/Sulfites

2) Wheat/Blé

3) Eggs/Oeuf

4) Soy/Soja

5) Sesame/Sésame

6) Mustard/Moutarde

## Tools

Large Pot, Medium Bowl, Baking Sheet, Large Plate, Measuring Spoons, Measuring Cups

Ruler

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**Nutrition per person** Calories: 627 cal | Carbs: 60 g | Fat: 20 g | Protein: 50 g | Fibre: 5 g | Sodium: 956 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

2



### 1 Preheat the broiler to high. (To toast the buns.)

**2 Cook the chicken:** In a large pot, combine the **brown sugar**, **chicken broth concentrate**, **3/4 cup water**, **BBQ seasoning** and **5 tbsp vinegar** to a simmer over medium heat. Add the **chicken** to the pot. Cover with a lid and simmer until the chicken is cooked through, 7-8 min.

3



**3 Make the slaw:** Meanwhile, **wash and dry all produce**. Thinly slice the **green onions**. In a medium bowl, combine the **coleslaw**, **green onions**, **mayonnaise**, **sugar** (if desired), and **remaining vinegar**. Season with **salt** and **pepper**.

**4 Toast the buns:** Halve the **buns**, then arrange them cut-side up on a baking sheet. Toast in the centre of the oven until golden-brown, 30 sec to 1 min. (**TIP:** Keep your eye on the buns so they don't burn!)

4



**5 Shred the chicken:** When the **chicken** is cooked through, remove them from the liquid to a large plate. Add the **ketchup** and continue cooking the liquid until it reduces by half, 4-5 min. Meanwhile, using two forks, shred the **chicken** then return to the pot and toss to coat in the sauce. Season with **salt** and **pepper**.

5



**6 Assemble and serve:** Top the **buns** with the **shredded chicken**, a bit of **coleslaw**, and the **spring mix**. Serve remaining **slaw** to the side. Enjoy!

**DID YOU KNOW?** Cooking chicken by simmering it in liquid for a short amount of time is a cooking technique called "poaching"!

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