

DINNERLY



Low-Cal BBQ Chicken Sandwich

No chopping. No slicing. No knife required!



ca. 20min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this BBQ chicken sandwich? Personally, we'd choose B. This dish requires absolutely no prepwork—just dress the slaw, cook the chicken, and slather it in BBQ sauce. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- 1½ oz ranch dressing ^{3,6,7}
- ¼ oz granulated garlic
- 14 oz cabbage blend
- ½ lb pkg chicken breast strips
- 2 oz barbecue sauce
- 2 potato buns ¹

WHAT YOU NEED

- neutral oil
- apple cider vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper

TOOLS

- medium nonstick skillet

ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 38g, Carbs 53g, Protein 36g



1. Make slaw

Preheat broiler with a rack in the top position.

In a large bowl, whisk to combine **ranch dressing**, **1 tablespoon each of water and oil**, **1 teaspoon vinegar**, **¼ teaspoon granulated garlic**, and **¼ teaspoon sugar**. Add **cabbage blend** and toss to coat. Season to taste with **salt** and **pepper**; set aside to soften until step 4.



4. Finish & serve

Place **buns**, cut-sides down, directly on top oven rack; broil until toasted and lightly browned, 1–2 minutes (watch closely as broilers vary). Divide **barbecue chicken** between buns and top with **some of the slaw**.

Serve **BBQ chicken sandwich** with **remaining slaw** alongside. Enjoy!



2. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken and cook until well browned and cooked through, 2–3 minutes per side. Transfer to a cutting board and wipe out skillet.

Once cool enough to handle, use your fingers or 2 forks to pull apart and shred chicken.



5. ...

What were you expecting, more steps?



3. Finish chicken

Heat **1 tablespoon oil** in same skillet over medium. Add **barbecue sauce**, **¼ teaspoon granulated garlic**, and **shredded chicken**; cook, stirring, until chicken is coated in sauce and warmed through, about 30 seconds. Season to taste with **salt** and **pepper**.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!