

DINNERLY



Low-Cal BBQ Chicken Sandwich with Romaine Wedge



2 Servings

This meal will make you feel like a real deal pit-master for at least one night—minus all the "low and slow" (which for us translates to: "time we don't have while everyone is ravenously waiting for dinner to be ready.") So we took a shortcut to this BBQ chicken sandwich by using shredded chicken mixed with sweet and smoky barbecue sauce. It's BBQ in no time. We've got you covered!

WHAT WE SEND

- 1 romaine heart
- 1 oz sour cream ¹
- ¼ oz granulated garlic
- ½ lb pkg ready to heat shredded chicken
- 2 potato buns ²
- 4 oz barbecue sauce

WHAT YOU NEED

- apple cider vinegar
- sugar
- olive oil
- kosher salt & ground pepper

TOOLS

- medium nonstick skillet

ALLERGENS

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 590kcal, Fat 26g, Carbs 56g, Protein 34g



1. Prep wedges & dressing

Trim end from **romaine**, then cut in half crosswise. Halve each piece lengthwise, keeping wedges intact; set aside until step 4.

In a medium bowl, stir to combine **sour cream**, ¼ **teaspoon granulated garlic**, 2 **teaspoons water**, 1 **teaspoon vinegar**, and a **pinch of sugar**. Whisk in 1 **tablespoon oil**, then season to taste with **salt** and **pepper**; set aside until step 4.



4. Finish & serve

Transfer **chicken** to **buns**. Top with **remaining barbecue sauce**. Spoon **dressing** over **romaine wedges** and season with a **few grinds of pepper**.

Serve **BBQ chicken sandwiches** with **wedge salad** alongside. Enjoy!



2. Prep chicken & toast buns

Transfer **chicken** to a second medium bowl; using your fingers or two forks, break up into bite-sized pieces. Stir in ¼ **teaspoon granulated garlic** and ¼ **cup water**.

Heat 1 **tablespoon oil** in a medium nonstick skillet over medium-high. Place **buns** in skillet, cut side-down, and cook until lightly toasted, 1–2 minutes. Transfer to plates.



5. ...

What were you expecting, more steps?



3. Cook chicken

Heat 1 **tablespoon oil** in same skillet over medium-high. Add **chicken** and cook, without stirring, until browned and crisp in spots, about 4 minutes. Add ¼ **cup water** and **half of the barbecue sauce**. Cook, stirring, until sauce is slightly reduced and coats chicken, 1–2 minutes.



6. ...

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