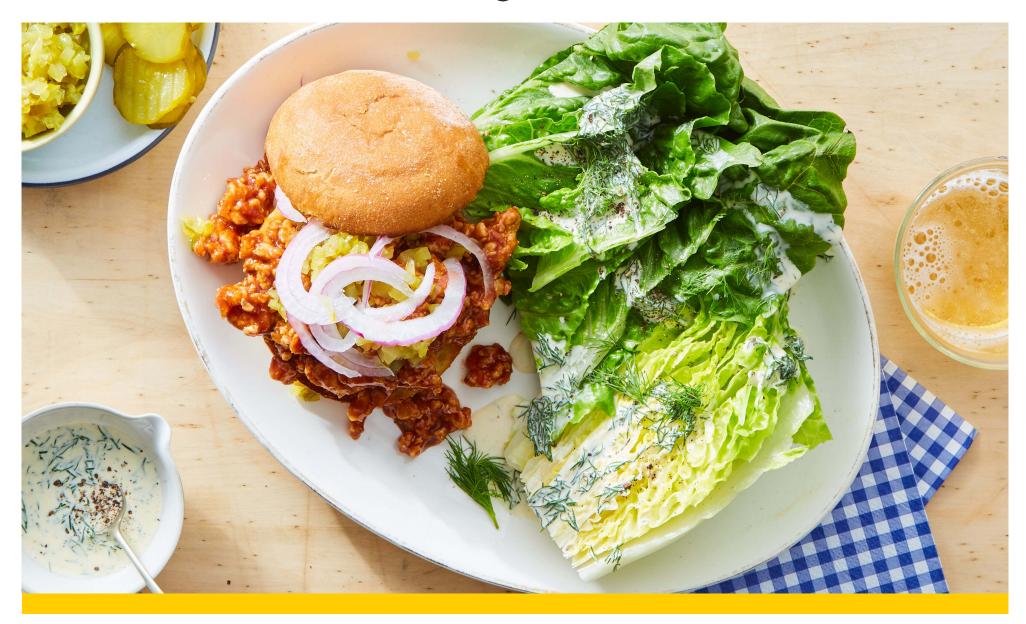
MARLEY SPOON



? Fast! BBQ Chicken Sloppy Joe

with Wedge Salad & Pickles





under 20min 2 Servings

We love barbecue but don't always have the time to grill for that smoky flavor. Speed up the process with ground chicken for a quick and easy take on a favorite summertime classic, no matter the season. We smother chicken with barbecue sauce on the stovetop before sandwiching between two toasted buns and serving with a crisp wedge salad tossed in Dijon-mayonnaise dressing.

What we send

- 3¼ oz dill pickles
- 1/4 oz fresh dill
- 1 romaine heart
- 1 red onion
- 1 oz mayonnaise ^{3,6}
- 10 oz pkg grass-fed ground beef
- 4 oz barbecue sauce
- 2 potato buns 1,7,11
- ¼ oz Dijon mustard

What you need

- · kosher salt & ground pepper
- neutral oil

Tools

· medium skillet

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 610kcal, Fat 22g, Carbs 60g, Protein 41g



1. Prep ingredients

Finely chop half of the pickles.

Finely chop dill fronds and stems.

Trim stem end from **romaine**, then halve crosswise; halve each piece lengthwise, keeping wedges intact.

Thinly slice **onion** into rings.



2. Make dijonnaise dressing

In a small bowl, stir to combine **Dijon**, **mayonnaise**, **dill**, and **2 teaspoons water**. Season to taste with **salt** and **pepper**.



3. Cook chicken

Preheat broiler with a rack in the top position.

In a medium skillet, heat **2 teaspoons oil** over medium-high. Add **chicken**; cook, breaking up into large pieces, until browned and cooked through, 3-4 minutes. Add **barbecue sauce**; bring to a simmer and cook, stirring occasionally, 1-2 minutes. Season to taste with **salt** and **pepper**.



4. Toast buns

Spread **butter** over **buns**, if desired. Broil directly on top oven rack until lightly browned, about 1-2 minutes (watch closely as broilers vary).



5. Finish

Top buns with chicken and a few onion slices. Drizzle romaine with dijonnaise and top with chopped pickles.

Serve **BBQ** chicken sloppy joe with romaine salad and remaining pickles alongside, if desired.



6. Serve

Enjoy!