



## BBQ CHICKEN SANDWICHES WITH CREAMY SLAW

*ciabattas, caramelized onion, sharp cheddar cheese*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
940

Somewhere along the line, sandwiches were deemed “lunch food.” That couldn’t be more wrong—in fact, this sophisticated sandwich could not be more dinner-worthy. Here, you’ll be constructing a sweet-and-savory masterpiece that might just change your mind about handheld meals forever. Between toasted ciabatta buns, there’s melted cheddar cheese, a tangle of barbecue caramelized onion, and smoky paprika and onion-seasoned chicken. On the side is a lemony cabbage–carrot slaw. If you’re feeling really adventurous, try stuffing your sandwiches with some of the slaw for a nice crunch.

### INGREDIENTS (8 ITEMS)

- 1 whole **Yellow onion**
- 3½ oz **Cabbage & carrots**
- 2 whole **Ciabatta breads** <sup>W</sup>
- 2¾ oz **Mild barbecue sauce**
- 2 (5 oz) **Chicken cutlets\***
- ½ tsp **Smoky paprika & onion blend**
- 1¾ oz **Lemon aioli** <sup>E S</sup>
- 1 oz **Sharp cheddar cheese** <sup>M</sup>

### WHAT YOU’LL NEED

- medium & large sauté pans
- baking sheet
- large bowl
- measuring spoons
- thermometer
- oven mitt
- cooking & olive oils
- 1 tbsp butter <sup>M</sup>
- 1 tsp sugar
- salt & pepper

### ALLERGENS

- <sup>W</sup> WHEAT
- <sup>E</sup> EGGS
- <sup>S</sup> SOY
- <sup>M</sup> MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Chicken is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 PREP

- Preheat oven to 400 degrees.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Roughly chop **cabbage\* and carrots** if necessary.
- Halve **ciabatta breads** horizontally.

\*The ingredient you received may be a different color.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 CARAMELIZE ONION

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **onion** to hot pan. Season with salt, pepper, and 1 teaspoon sugar. Cook 3-4 minutes, or until onion begins to soften, stirring occasionally.
- Reduce heat to medium low. Add 2 tablespoons water. Cook 5-6 minutes, or until onion is lightly browned, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter and **mild barbecue sauce**. Stir until butter melts.

## 3 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **smoky paprika and onion blend**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Remove from heat.

## 4 MAKE SLAW

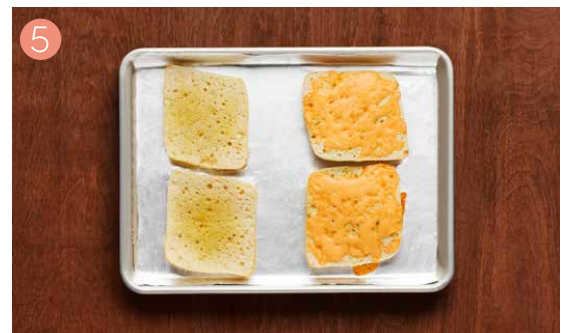
- Place **cabbage and carrots** in a large bowl. Add **lemon aioli**. Stir to coat. Season with salt and pepper to taste.

## 5 TOAST BREAD

- Place **ciabattas**, cut sides up, on a foil-lined baking sheet. Lightly drizzle with olive oil. Lightly season with salt. Sprinkle cut sides of **top buns** with **sharp cheddar cheese**. Toast 3-4 minutes, or until bread is lightly browned and cheese is melted.

## 6 PLATE YOUR DISH

- Divide **bottom buns** between plates. Top with **chicken, barbecue caramelized onion, and top buns**. Serve **creamy slaw** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size**

**(510g)**

**Amount per serving**

**Calories**

**940**

	<b>% Daily Value*</b>
<b>Total Fat</b> 49g	63%
Saturated Fat 12g	60%
Trans Fat 0g	
<b>Cholesterol</b> 180mg	60%
<b>Sodium</b> 930mg	40%
<b>Total Carbohydrate</b> 70g	25%
Dietary Fiber 5g	18%
Total Sugars 26g	
Includes 2g Added Sugars	4%
<b>Protein</b> 53g	
Vitamin D 2mcg	10%
Calcium 192mg	15%
Iron 4mg	20%
Potassium 1031mg	20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Ciabatta Bread** [unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, cultured wheat flour, dough conditioner (wheat flour and enzymes), yeast, barley flour], **Chicken Cutlets** [chicken], **Barbecue Sauce** [tomato puree (filtered water, tomato paste), sugar, white vinegar, molasses, natural hickory smoke flavor, salt, corn starch, Worcestershire sauce (white vinegar, molasses, filtered water, sugar, sea salt, caramel color, garlic powder, spices, cayenne pepper, black pepper, xanthan gum), caramel color, onion powder, garlic powder, ground red peppers, xanthan gum], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Yellow Onion, Green Cabbage, Red Cabbage, Carrots, Smoky Paprika & Onion Blend** (Smoked Paprika, Onion Powder, Sweet Paprika, Black Pepper), **Lemon Aioli** (Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Granulated Garlic, Lemon Juice [lemon], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices])

### Allergen information:

Contains Egg, Soy, Milk And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*