

part TWO
RECIPES

BBQ CHICKEN SLIDERS

with Apple and Cabbage Slaw



BBQ Chicken Sliders with Apple and Cabbage Slaw



SERVINGS



PREP TIME



COOK TIME

Ingredients

2 lbs	(900 g)	Chicken thighs, boneless and skinless
1 tsp	(5 mL)	Salt
1 tbsp	(15 mL)	Garlic powder
½ tsp	(2 mL)	Cumin
2 tsp	(10 mL)	Paprika
2 tsp	(10 mL)	Onion powder
½ cup	(125 mL)	BBQ sauce

Slaw

1 cup	(250 mL)	Cabbage, shredded
½ cup	(125 mL)	Carrot, grated
1 each		Green apple, julienne
2 tbsp	(30 mL)	Apple cider vinegar
1 tbsp	(15 mL)	Lemon juice
½ tsp	(2 mL)	Salt
24 each		Slider buns

Instructions

1. Preheat oven to 350°F (176°C).
2. In a large oven safe baking dish, toss chicken with 1 tsp (5 mL) salt, garlic powder, cumin, paprika, and onion powder.
3. Cover with aluminum foil and roast in the oven for 30- 35 minutes until chicken is tender and an inserted thermometer reads 165°F (74°C).
4. Using two forks, shred chicken by pulling apart into smaller pieces. Stir in BBQ sauce. Set aside.
5. In a medium bowl, toss together shredded cabbage, carrot, and apple.
6. Add apple cider vinegar, lemon juice, and salt to the cabbage and mix well.
7. Top each slider bun with ¼ cup (60 mL) chicken and 2 tbsp (30 mL) of slaw.



CHEF'S TIPS

- This is a great recipe for large batch cooking. Freeze leftovers for quick meals.
- For a change, swap the chicken for pork and serve with pineapple chunks.
- Use a slow cooker for hassle free cooking.



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