

Mango Jerk BBQ Chicken Sandwiches



These hearty sandwiches feature mango in two ways: in a sweet and spicy BBQ sauce for juicy chicken thighs and in a vibrant, crunchy slaw topper!

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	15 MIN	45 MIN

INGREDIENTS

For the Mango Jerk BBQ Sauce:

1 tsp	Olive Oil
½ medium	Onion, diced small
2 cloves	Garlic, minced
1 each	Mango, diced
1 Tbsp	Salt-Free Jerk Seasoning (separate recipe)
8 oz	Tomato Sauce, low sodium
1 Tbsp	Light Brown Sugar, lightly packed
1 tsp	Molasses
2 Tbsp	Apple Cider Vinegar
½ tsp	Worcestershire Sauce
½ tsp	Kosher Salt
¼ tsp	Black Pepper

For the BBQ Chicken:

2 lb	Chicken Thighs, boneless and skinless, trimmed
2 Tbsp	Salt-Free Jerk Seasoning (separate recipe)
¼ tsp	Kosher Salt
1 tsp	Olive Oil
1 cup	Mango Jerk BBQ Sauce

For the Sandwich Assembly:

8 each	Whole Wheat Hamburger Buns
2 cups	Mango Red Cabbage Slaw (separate recipe)

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Make the BBQ Sauce: Heat a medium saucepot over medium heat and once hot, add the oil then the onion. Sauté until lightly browned and translucent, about 2-4 minutes.
3. Add the garlic and cook until fragrant, about 30-60 seconds. Add the mango and jerk seasoning and stir until the mango onion mixture is well coated with spices. Allow the spices to toast, about 30 seconds.
4. Add the remaining sauce ingredients and bring to a simmer. Cover and simmer until the mango has softened and the sauce has thickened, about 10 minutes.
5. Remove from the heat and allow to cool slightly. Using an immersion blender, blend the sauce to a smooth consistency. Set aside.
6. Make the BBQ Chicken: Over a tray or plate, coat the chicken in the jerk seasoning and salt on both sides. Heat a large sauté pan over medium heat and once hot, add the oil. Add the chicken in an even layer (if necessary, do more than one batch) and cook until browned on the first side, about 3-4 minutes. Flip each piece and cook until it reaches 165°F on a thermometer when inserted in the thickest part of each piece, about 3-4 more minutes.

7. Remove the cooked chicken to a cutting board and allow to cool slightly. Remove the sauté pan from the heat but do not clean. Set the pan to the side it will be used again.
8. Once the chicken is cool enough to handle, slice it into bite-sized, shredded pieces. Place the sauté pan back over low heat and add the cut chicken along with 1 cup of the reserved BBQ sauce. Using a spatula or tongs, stir the chicken until it is well coated in the sauce. Remove from heat.
9. Assemble the Sandwiches: Toast the buns under a broiler or using a toaster oven. Top each bottom bun with ½ cup BBQ chicken mixture and ¼ cup slaw, top with remaining bun half. Serve extra BBQ sauce on the side as desired.

Nutrition Facts	
8 servings per container	
Serving 1 bun w/ 1/2 cup chicken + 1/4	
Size cup slaw (278 g)	
Amount per serving	
Calories	340
	% Daily Value *
Total Fat 8g	10%
Saturated Fat 2g	10%
<i>Trans Fat 0g</i>	
Cholesterol 105mg	36%
Sodium 430mg	19%
Total Carbohydrate 42g	15%
Dietary Fiber 6g	23%
Total Sugars 14g	
Includes 3g Added Sugars	6%
Protein 30g	60%
Vitamin D 0.03mcg	0%
Calcium 40mg	3%
Iron 2mg	11%
Potassium 500mg	11%
*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.	

