**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**
8 SERVINGS

**PREP TIME**
15 MIN

**TOTAL TIME**
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.