

Honey BBQ Chicken & Andouille Sandwich

Sometimes we love a big, messy, delicious sandwich, and this gem is just what we're craving. With pulled chicken and Andouille sausage simmered in a honey-BBQ sauce, pickled slaw and a cucumber and tomato salad, it's homestyle Southern cooking with a Meez twist.

35 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Mixing Bowls
- Large Skillet
- Large Saucepan

FROM YOUR PANTRY

- Oliver Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Chicken Breast
- Pickled Slaw
- Yellow Peppers
- Cucumbers & Tomatoes
- Andouille
- Honey BBQ Sauce
- Bun

Make the Meal Your Own

Love spicy? Our BBQ sauce is tangy but not spicy, add cayenne pepper for an extra kick

This **sandwich is messy**, and we think scooping up the extra bits that fall out onto your plate is part of the fun but feel free to use a fork and knife if you prefer...we won't tell.

Good To Know

Health snapshot per serving – 840 Calories, 26g Fat, 80g Carbs, 74g Protein and 21 Freestyle Points

Lightened-Up Health snapshot per serving – 675 Calories, 24g Fat, 46g Carbs, and 14 Freestyle Points served open faced (only use half the bread) and half the BBQ sauce

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken Breast, Andouille Sausage, Bun, BBQ Sauce, Honey, Broccoli, Carrot, Red Onion, Bell Pepper, Cucumber, Celery, Tomato, Parsley, Garlic, Rice Wine Vinegar, Sugar, Kosher Salt.

meez meals

1. Getting Organized

Bring 4 cups of water and a generous sprinkle of salt to boil in a large saucepan over high heat.

2. Create the Salad

While the water is coming to a boil, drain all the liquid from the **Pickled Slaw** into a mixing bowl and reserve the veggies for Step 6. Add 1 Tbsp olive oil to the pickling liquid and the **Yellow Peppers, Cucumbers & Tomatoes**. Toss well, salt and pepper to taste and place the salad in the fridge until step 6.

3. Cook the Chicken

Pat the **Chicken Breast** dry and sprinkle salt and pepper on both sides. When the water is boiling, add the chicken, cover, and reduce heat to medium-high.

Cook on a low boil for 20 minutes, then remove the chicken and place on a cutting board. Hold the chicken in place with one fork and with a second fork, shred the chicken. Repeat for each breast.

4. Cook the Sandwich Filling

Place the **Andouille** on a cutting board and cut in half the long way so you have two long, skinny halves. Lay the flat sides on the cutting board and slice into ½" wide half-moons.

Heat a large skillet over high heat. When the pan is hot, add the sliced andouille and cook until it starts to brown, about 2 minutes. Reduce the heat to medium and add the **Honey BBQ Sauce**. Cook until the sauce is warm throughout, about a minute.

Stir in the pulled chicken until it is thoroughly coated and the entire mixture is warm, another 1 to 2 minutes. Transfer the contents to a serving bowl and set aside for step 6. Wipe out the pan.

5. Toast the Buns

Return the now empty skillet to the stove over medium heat. Lightly brush the inside of both halves of the **Bun** with olive oil and toast in the skillet until golden brown, about 2 to 3 minutes per side. Repeat for each bun.

6. Put It All Together!

Load the sandwich with the pickled slaw on top of the pulled chicken and andouille. Serve with the Yellow Pepper, Cucumber & Tomato Salad on the side and enjoy!

*The
Andouille is
fully cooked.
We're
browning it
for flavor.*