Lunch

Chilli Pulled Chicken Sliders with Crunchy Slaw

Tender shredded chicken in a punchy chilli and paprika marinade, piled into mini rye rolls with a sharp carrot and cabbage slaw.



Nut free

65 min	417	52 g	8.1 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 3 chicken thigh fillets
- [ ] 6 mini rye bread rolls
- [ ] ¼ cup fresh coriander leaves
- [ ] 4 good handfuls of green salad leaves, to serve
- [ ] The coleslaw
- [ ] 1/2 cup chopped spring onion
- [ ] 250 g grated cabbage
- [ ] ½ cup grated carrot
- [ ] 2 tablespoons white wine vinegar
- [ ] Pinch fresh ground black pepper
- [ ] The marinade
- [ ] 1 tablespoon reduced salt tomato sauce
- [ ] 2 large red chillies, thinly sliced
- [ ] 1 teaspoon paprika
- [ ] 3 tablespoons white wine vinegar
- [ ] 1 tablespoon Worcestershire sauce
- [ ] 1 garlic clove, minced

Nutrition Facts

Per serving

Calories	417
Total fat	9.3 g
Saturated fat	Not listed
Sodium	447000 mg
Total carbs	52 g
Fiber	Not listed
Total sugars	8.1 g
Protein	28 g

Method

- [ ] 1 Make the marinade by whisking the reduced salt tomato sauce, 3 tablespoons of the white wine vinegar, Worcestershire sauce, paprika, the minced garlic clove and the thinly sliced red chillies together in a bowl.
- [ ] 2 Turn the chicken thigh fillets in the marinade until fully coated, then cover and chill them while they soak up the flavours.
- [ ] 3 Transfer the chicken thigh fillets and all of the marinade to a baking dish, cover with foil and roast until the meat is cooked through, then pull it apart with two forks and stir it back into the pan juices.
- [ ] 4 Build the coleslaw in a separate bowl by tossing together the grated cabbage, grated carrot and chopped spring onion, then dress it with 2 tablespoons white wine vinegar and a pinch of fresh ground black pepper and leave it to one side.
- [ ] 5 Split the mini rye bread rolls and toast the cut sides.
- [ ] 6 Mound the shredded chicken onto the mini rye bread rolls, spoon the coleslaw over and finish with the fresh coriander leaves.
- [ ] 7 Serve each slider with a good handful of green salad leaves alongside.

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