

Foodnity Recipes

Cajun Chicken Sloppy Joes

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, cut into 1-inch cubes
- [ ] 2 tbsp Cajun seasoning
- [ ] 1 tbsp olive oil
- [ ] 4 brioche buns, split

Sloppy Joe Sauce

- [ ] 1 cup tomato sauce
- [ ] 2 tbsp ketchup
- [ ] 1 tbsp brown sugar
- [ ] 1 tsp apple cider vinegar
- [ ] 1/2 tsp smoked paprika
- [ ] ½ tsp garlic powder
- [ ] Pinch of cayenne pepper (optional)

Instructions

1. In a bowl, toss the chicken cubes with the Cajun seasoning until evenly coated.
2. Heat olive oil in a skillet over medium-high heat; add the seasoned chicken and sauté until lightly browned and cooked through, about 5-7 minutes.
3. Stir in the tomato sauce, ketchup, brown sugar, vinegar, smoked paprika, garlic powder, and cayenne if using. Let the mixture simmer gently for 8-10 minutes, stirring occasionally, until thickened.
4. While the sauce simmers, toast the brioche buns cut side down in a separate pan until just golden. Spoon generous amounts of the Cajun chicken mixture onto the bottom buns, cap with tops, and serve hot.

Nutrition per serving

420 kcal	30 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder flavor, reduce the cayenne or omit it entirely.
- Add a handful of diced bell pepper for extra crunch and color.
- For a smoky twist, use smoked paprika in addition to the Cajun blend.