

Foodnity Recipes

Chicken Chopped Sandwich With Alabama BBQ Sauce

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 4 soft sandwich rolls
- [ ] 1 cup lettuce, shredded
- [ ] ¼ cup pickles, sliced
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste

Alabama BBQ Sauce

- [ ] ½ cup ketchup
- [ ] ¼ cup apple cider vinegar
- [ ] 3 tbsp brown sugar
- [ ] 1 tbsp Worcestershire sauce
- [ ] 1 tsp smoked paprika
- [ ] ¼ tsp cayenne pepper (optional)
- [ ] Salt to taste

Instructions

1. In a small saucepan, combine ketchup, vinegar, brown sugar, Worcestershire, smoked paprika, and cayenne; simmer over low heat, stirring until thickened, about 8 minutes.
2. Season the diced chicken with salt, pepper, and a drizzle of olive oil. Heat a skillet over medium-high, then sear the chicken until golden brown, about 5-6 minutes.
3. Pour half of the prepared Alabama BBQ sauce over the chicken, stirring to coat; let it simmer for another 2 minutes so the flavors meld.
4. Toast the sandwich rolls lightly, then layer lettuce, pickles, and the sauced chicken. Drizzle a little extra sauce on top if desired.
5. Serve immediately, enjoying the warm, smoky aroma and crisp texture. Crispy chicken wraps are a great side if you like extra crunch.
6. For a twist, try pairing with a simple coleslaw; BBQ flatbread works nicely for leftovers.

Nutrition per serving

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

Tips & notes

- If the sauce gets too thick, whisk in a splash of water.
- Feel free to add a slice of cheese for extra richness.
- Adjust the cayenne for your preferred level of heat.