

## Pulled Chicken Sliders with Homemade Buns and Slaw

*Makes 12 sliders*

### Ingredients

#### Shredded Chicken

- 3 boneless chicken breasts
- ½ tbsp olive oil

#### Sliders

- 3 tablespoons olive oil
- 1 ½ cups BBQ sauce
- 3 tablespoons lemon juice
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ¼ teaspoon cayenne
- pepper, to taste
- salt, to taste
- 3 cups chicken (375 g), cooked, shredded
- 12 slider buns

#### SLAW:

- 2 cups red cabbage (200 g), chopped
- 1 ½ cups shredded carrot (165 g)
- ½ cup green onion (75 g), chopped
- 2 tablespoons jalapeño, chopped
- ½ teaspoon paprika
- pepper, to taste
- 1 teaspoon garlic powder
- salt, to taste
- ¼ cup lemon juice (60 mL)
- 3 tablespoons apple cider vinegar
- ½ cup olive oil (120 mL)
- 1 tablespoon honey



### Directions

1. Pre-heat oven to 400 F.
2. Rub chicken breasts with olive oil and place in a hot oven ready pan (cast iron if you have it). Sear for 1 minute, then flip and sear for another 1 minute.



3. Place pan in hot oven and cook for 8 minutes for a medium sized breast. 10 to 12 minutes for a large breast.
4. Remove from oven, and once cooled, shred using 2 forks.

#### **Make the Slaw**

1. Mix together cabbage, carrots, green onions, jalapeños, paprika, pepper, garlic powder, salt, lemon juice, apple cider vinegar, olive oil, and honey. Chill until ready to use.

#### **Make the Sliders**

1. Heat a skillet over medium heat. Add olive oil, BBQ sauce, lemon juice, onion powder, garlic powder, paprika, cayenne, pepper, and salt. Stir until sauce begins to bubble and thicken.
2. Mix in shredded chicken and stir until fully incorporated.
3. Place BBQ chicken on top of bottom slider bun. Top with slaw. Place top bun. Serve immediately.
4. Enjoy!

## Homemade Slider Buns

Makes 12 - 15 buns

### Ingredients

- 1 teaspoon active dry yeast
- 3/4 cup warm water (105-115°F)
- 1/4 cup milk
- 2 tablespoons butter softened
- 1 tablespoon cane sugar
- 1 teaspoon kosher salt
- 2.5-3 cups unbleached bread flour (300-360gm)
- extra flour for kneading

### Directions

1. Dissolve the yeast in the warm water.  
Combine all the ingredients using a bread machine, stand mixer, or knead by hand until the dough is smooth and elastic. If you are using a bread machine's dough cycle, skip to step 3.
2. Grease a large bowl with butter or olive oil. Place the dough in the bowl and turn to grease the top. Cover and let rise in a warm place, free from drafts, until doubled, about 45-60 minutes.
3. When the dough is doubled in size, press it down, turn it onto a lightly floured surface, and let rest for 15 minutes.
4. Divide the dough into 15 pieces. Shape the pieces into smooth, round balls and place on a lightly oiled sheet pan. Cover and let the dough rise again until doubled, about 45-60 minutes.
5. Preheat your oven to 400°F when your dough is almost finished rising.
6. Bake the mini slider buns in a preheated oven for 12-15 minutes until the tops are golden brown. Remove the buns from the oven and place on a cooling rack. Serve warm or store in a plastic bag once the rolls have cooled completely.

