

Chicken Sloppy Joe Sliders

with Kale Slaw & Homemade Pickles

These famous sandwiches, usually made with ground beef in tomato sauce, may have originated at a bar in Old Havana, Cuba called Sloppy Joe's in the early 1900s. Since then, they've become a favorite throughout North America. In Quebec, sloppy joes are served in hot dog buns. Our version uses lighter ground chicken in place of beef and is served with quickly pickled cucumbers and a crisp, fresh slaw.



Ingredients

7 Ounces Kale
6 Potato Slider Buns
4 Cloves Garlic
1 Green Bell Pepper
1 Kirby Cucumber
1 Lemon
1 Parsnip
1 Yellow Onion
2 Tablespoons Champagne Vinegar
10 Ounces Ground Chicken
2 Tablespoons Mayonnaise
½ Cup Ketchup
2 Tablespoons Worcestershire Sauce
1 Tablespoon Light Brown Sugar

Makes 2 Servings
About 700 Calories Per Serving



Instructions



Prepare your ingredients:

Wash and dry the fresh produce. Cut the slider buns in half. Peel all 4 garlic cloves. Smash 1 clove to flatten it, then mince the other cloves, smashing until they resemble a paste. Cut out and discard the kale stems, then thinly slice the leaves into long strips. Small dice the green pepper. Cut the cucumber into 1/8-inch-thick rounds and place in a heat-proof bowl or jar. Cut the lemon into quarters and remove the seeds. Peel the parsnip, then cut into thick matchsticks. Peel and small dice the onion.



Make the pickles:

Add the **Champagne vinegar** to the cucumber slices. In a small pot, combine **1 cup of water**, the **smashed garlic clove**, and 1/2 teaspoon of salt. Heat to boiling on high, then remove from the heat. Pour the hot liquid over the cucumbers in vinegar. Stir to thoroughly combine, then let stand while you finish cooking.



Make the dressing:

In a small bowl, whisk together the **mayonnaise**, the **juice of 3 lemon wedges**, and a **pinch of the garlic paste** (save the rest for the chicken); season with salt and pepper to taste.



Dress the kale:

In a separate bowl, combine the **kale**, **parsnip**, and **some of the dressing** (you may have extra dressing). Toss to coat and season with salt and pepper to taste.



Cook the aromatics & chicken:

In a medium pan, heat a little oil on medium-high until hot. Add the **onion**, **pepper**, and the **remaining garlic paste**. Cook 4 to 5 minutes, or until softened; season with salt and pepper. Add a little more olive oil and the **ground chicken**, then increase the heat to high. Cook 5 to 6 minutes, or until cooked through, breaking up the chicken with a spoon. Season with salt and pepper.



Add the sauce:

Once the chicken is cooked through, reduce the heat to medium and add the **ketchup**, **Worcestershire sauce**, **brown sugar**, and 1/4 cup of water. Cook 3 to 4 minutes, or until the sauce is slightly reduced in volume and the sugar is dissolved, stirring occasionally. Season with salt and pepper to taste and remove from the heat. Stir in the **juice of the remaining lemon wedge**. To plate your dish, divide the kale slaw between 2 plates. Fill each slider bun with the sloppy joe mixture and top with the pickles. Enjoy!