



## Cajun Chicken Sandwich

Whole grain golden crispy breaded chicken patty served on a whole grain Kaiser roll with a spicy Cajun remoulade sauce and shredded romaine lettuce.

*Servings: 10 Popcorn Chicken & Dipping Sauce Boats (1 per serving)*

Ingredients	Amount	Amount
Tyson® Golden Crispy Chicken Patties #70304-928	10 ea.	
Whole Grain Kaiser Rolls, split, 4" diam.	10 ea.	
Cajun Remoulade Sauce (see sub-recipe)	12 oz.	1 ¼ C
Romaine Lettuce, fresh, finely shredded	3.50 oz.	2 ½ C

### DIRECTIONS:

1. Arrange the frozen golden crispy chicken patties on a sheet pan lined with parchment paper. Heat the pan of chicken patties uncovered in a preheated 350°F convection oven for 8-12 minutes, or until they reach a minimum internal temperature of 165°F and the breading is crispy.
2. Split whole grain Kaiser rolls cut side up on a sheet pan lined with parchment paper and lightly toast in a preheated 350°F convection oven for 1-2 minutes.
3. To build the chicken sandwiches evenly spread 1-tablespoon of the Cajun remoulade on both the top and bottom halves of each roll (2-Tbsp total per sandwich). Next arrange 1 heated chicken patty on each bottom roll half, and then top the patties with ¼-cup each of the shredded romaine lettuce. Close the sandwiches with the top half of each roll and serve. One Cajun Chicken Sandwich per serving.

### **TYSON® PRODUCTS USED:**

#70304-928, Tyson® Golden Crispy Whole Grain Chicken Pattie

## Cajun Remoulade Sauce

Cajun Chicken Sandwich

*Yield: 1¼-cups (approx. 12 ounces)*

Ingredients	Amount	Amount
Green Bell Peppers, fresh, washed, deseeded, ½" dice	3.25 oz.	? C

Red Bell Peppers, fresh, washed, deseeded, ½” dice	3.25 oz.	? C
Mayonnaise, low-fat	2.65 oz.	? C
Sour Cream, fat-free	2 oz.	¼ C
Green Onions, fresh, washed, thinly sliced	0.15 oz.	1½ Tbsp.
Lemon Juice, bottled	0.50 oz.	1 Tbsp.
Dijon Mustard	0.30 oz.	2 tsp
Cajun Seasoning, salt-free, commercially prepared		2 tsp
Garlic Cloves, fresh, whole, peeled	0.20 oz.	1 med clove

**DIRECTIONS:**

1. Arrange the diced green and red bell peppers on a sheet pan lined with parchment paper and cover tightly with aluminum foil. Roast the pan of peppers in a preheated 350°F convection oven for 18-20 minutes, stirring halfway through. Allow the roasted peppers to cool to room temperature.
2. Combine all ingredients, including the roasted bell peppers, in a food processor and process until the sauce is pureed and smooth.

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CN Portion	1 piece
M/MA (oz)	2.00
Grain (oz)	1.00
Vegetable (oz)	0.00
Calories	270
Total Fat (g)	15.00
Saturated Fat (g)	2.50
Sodium (mg)	400
Carbs (g)	16
Protein (g)	16

