**Grilled Pulled Chicken Sandwich**

Prep time: 20 min Cook time: 20 min

**Ingredients:**

* 1 skinless, boneless chicken breast
* 1 tsp vinegar
* 1 tsp lemon juice
* 1 tsp coriander, chopped
* ½ tsp ground black pepper
* 1 tbsp olive oil
* ¼ tsp garlic powder
* ¼ tsp salt (low sodium)
* 4 thick slices of 100% whole wheat or sourdough bread
* 1 tbsp thick curd (Greek yogurt works well)
* 2 slices tomato

**Instructions:**

1. Preheat the grill or grill pan to medium-high heat.
2. Marinate the chicken: Prick the chicken breast with a fork and place it in a bowl. Add olive oil, vinegar, lemon juice, garlic powder, black pepper, and chopped coriander. Mix well and let it marinate for 10 minutes.
3. Grill the chicken: Remove the chicken from the marinade and cook on the preheated grill or pan over medium heat until fully cooked, about 10–15 minutes per side. The juices should run clear.
4. Shred the chicken: Transfer the grilled chicken to a cutting board, let it rest for a few minutes, then pull it apart into small pieces using forks.
5. Toast the bread: Lightly toast the bread slices on a pan until golden.
6. Assemble the sandwich: Spread thick curd on one side of the bread, add a tomato slice, then top with pulled chicken. Season with salt and pepper. Cover with another slice of bread.
7. Grill the sandwich: Lightly toast the assembled sandwich, pressing down gently. Flip, press again, and toast until golden brown.
8. Serve hot!