

Better Than The Deli: How to Make the Perfect Creamy Chicken Salad Sandwich

The Ultimate Classic Chicken Salad Sandwich



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10 min

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INGREDIENTS

2 cups cooked chicken breast: Shredded or diced. (Pro tip: Rotisserie chicken works beautifully here).

¾ cup mayonnaise: Use a high-quality brand for the creamiest base.

1 tbsp Dijon mustard: Optional, but highly recommended for a sophisticated tang.

1 celery stalk: Finely diced for maximum crunch.

... red onion: Finely chopped to provide a sharp contrast to the creamy dressing.

1 small tomato: Sliced thin.

Fresh lettuce leaves: Bibb, Romaine, or Iceberg for a cool, crisp layer.

Salt & black pepper: To taste.

4 slices of sandwich bread: Toasted to golden perfection.

Swaps and Notes:

The Protein: If you want a lower-carb start to your day, you could technically serve this chicken salad inside this 3-ingredient egg wrap instead of using bread.

The Crunch: If you find red onions too sharp, soak the chopped pieces in cold water for 10 minutes before adding them to the bowl. It removes the "burn" while keeping the flavor.

The Bread: While white or whole wheat is standard, try a buttery croissant or a toasted sourdough for an upscale twist.

Step-by-Step Instructions:

Prep the Base: In a large mixing bowl, combine your shredded chicken, mayonnaise, and Dijon mustard. I like to mix these first to ensure the chicken is fully hydrated before adding the aromatics.

Add the Crunch: Fold in the finely diced celery and red onion. This ensures the vegetables stay crisp and don't get bruised by over-mixing.

Season to Taste: Add a pinch of salt and a generous crack of black pepper. Give it a final stir and a quick taste test.

The Toasting Phase: Toast your bread slices until they are firm enough to hold the weight of the salad without getting soggy.

Build the Foundation: Place a fresh lettuce leaf on one slice of toast. This acts as a "moisture barrier" between the bread and the chicken salad. Top with your tomato slices.

The Main Event: Spoon a generous amount of the chicken salad over the tomatoes. Spread it evenly to the edges.

Finish and Serve: Top with the second slice of bread, press down gently, and slice diagonally. It just tastes better in triangles-trust me!

Tips for Success:

Chill Before Serving: If you have the time, let the chicken salad sit in the fridge for 30 minutes before building the sandwich. This allows the flavors of the onion and mustard to meld into the chicken.

Don't Over-Process: If using a food processor to shred your chicken, be careful not to turn it into a paste. You want distinct chunks of meat for the best mouthfeel.

The "Soggy Bread" Fix: Always put the lettuce against the bread. If the wet chicken salad touches the toast directly, it will soften the bread within minutes.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 410 kcal

Protein: 28g

Carbohydrates: 24g

Fat: 22g

Fiber: 3g

Sugar: 4g

Storage and Leftover Tips:

Fridge: Store the chicken salad mixture in an airtight container for up to 3-4 days.

DIRECTIONS

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11. Serving Suggestions and Pairings: This sandwich is a meal on its own, but it loves company. On a hot summer day, I highly recommend pairing this with a cold glass of this refreshing blueberry lemonade.
12. If you are hosting a lunch party and need something a bit more substantial to serve alongside, these sheet pan quesadillas are a great way to offer variety for guests who might want a hot option.
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19. Storage and Leftover Tips: Chicken salad is the ultimate "make-ahead" food.
20. Fridge: Store the chicken salad mixture in an airtight container for up to 3-4 days.
21. Freezing: I do not recommend freezing this recipe. Mayonnaise-based dressings tend to separate and become oily when thawed.
22. Next : Day Ideas: If you run out of bread, scoop the leftovers into avocado halves or use them as a dip with crackers.
23. More Recipes You Will Love: If you enjoyed this classic lunch, you have to try these other fan favorites from the Chef Maniac kitchen:
24. Copycat : Neiman Marcus Chocolate Chip Cookies - The perfect sweet finish to a sandwich lunch.
25. 3-Ingredient Egg Wrap - For a different take on your midday protein.

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Original recipe: <https://chefmaniac.com/better-than-the-deli-how-to-make-the-perfect-creamy-chicken-salad-sandwich/>