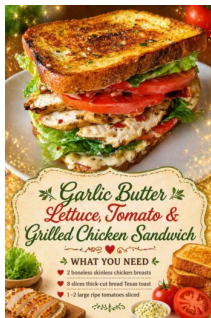


Garlic Butter Lettuce Tomato Grilled Chicken Sandwich Recipe You'll Crave on Repeat

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TIME

4 to 6 min

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INGREDIENTS

2 large boneless, skinless chicken breasts
2 tablespoons olive oil
Salt, to taste
Black pepper, to taste
1 teaspoon garlic powder
1 teaspoon paprika
4 sandwich buns
4 leaves romaine or green leaf lettuce
1 large tomato, sliced
For the Garlic Butter:
4 tablespoons unsalted butter, melted
2 cloves garlic, minced
1 teaspoon chopped parsley, optional
Optional Additions:
Sliced cheese
Mayonnaise or garlic aioli
Pickles
Red onion slices

DIRECTIONS

1. Prep the chicken: Slice the chicken breasts in half horizontally if needed, or pound them to an even thickness.
2. Season: Rub the chicken with olive oil, salt, black pepper, garlic powder, and paprika.
3. Make the garlic butter: In a small bowl, stir together the melted butter, minced garlic, and parsley if using.
4. Grill the chicken: Heat a grill pan or outdoor grill over medium-high heat. Cook the chicken for about 4 to 6 minutes per side, depending on thickness, until fully cooked and nicely marked.
5. Brush with garlic butter: During the final minute of cooking, brush the chicken generously with the garlic butter.
6. Toast the buns: Lightly toast the buns on the grill or in a skillet. Brush the cut sides with a little extra garlic butter if desired.
7. Assemble: Place lettuce on the bottom bun, then add the grilled chicken, tomato slices, and any optional toppings.
8. Finish and serve: Add the top bun and serve immediately while warm.

SWAPS & NOTES

Chicken breasts: You can also use chicken thighs if you want an even juicier sandwich.

Buns: Brioche buns, burger buns, or sturdy sandwich rolls all

work well.

Garlic butter: Fresh garlic gives the best flavor, but garlic powder can work in a pinch.

Lettuce: Romaine adds crunch, while butter lettuce gives a softer

bite.

TIPS FOR SUCCESS

The biggest key to this sandwich is not overcooking the chicken.

Grilled chicken can go from juicy to dry quickly, so cooking it just until done makes all the difference.

Using an even thickness helps with that and gives you better texture in every bite.

Another smart move is brushing the chicken with garlic butter right near the end of cooking instead of too early.

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