

Treasure Barrel

Easy BBQ Chicken Flatbread Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 1 pre-made flatbread dough (or use the quick dough)
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 2 tbsp BBQ sauce (store-bought or homemade)
- [ ] 1 tsp smoked paprika
- [ ] 1 tbsp honey
- [ ] 1 tsp apple cider vinegar
- [ ] 2 tbsp olive oil
- [ ] Fresh parsley, chopped

Optional Toppings

- [ ] Sliced red onion
- [ ] Crumbled feta
- [ ] Jalapeño rings

Instructions

1. Preheat the oven to 475°F (245°C) and place a baking sheet inside to get hot.
2. In a bowl, combine BBQ sauce, honey, vinegar, smoked paprika, and a pinch of salt.
3. Heat 1 tbsp olive oil in a skillet over medium-high heat, add the diced chicken, and sear until golden, about 5 minutes.
4. Add the sauce mixture to the chicken, stir, and let it simmer for 2-3 minutes until thickened.
5. Roll out the flatbread dough onto parchment paper, brush lightly with remaining olive oil.
6. Spread the BBQ chicken evenly, sprinkle cheddar cheese, and add any optional toppings.
7. Slide the flatbread onto the hot baking sheet and bake for 8-10 minutes, until the crust is crisp and cheese bubbles.
8. Remove, scatter fresh parsley, slice, and serve immediately.

Nutrition per serving

420 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra smoky flavor, add a few drops of liquid smoke to the glaze.
- If you prefer a spicier kick, stir in a pinch of cayenne with the paprika.
- Let the flatbread rest a minute after baking; this prevents the crust from getting soggy.