

Chicken Tinga Tacos

with Summer Squash & Tomato Salsa

With its origins in Puebla, Mexico, “tinga de pollo” (or chicken tinga) typically consists of shredded chicken stewed in a flavorful tomato-based sauce. Tonight, we’re putting our spin on the classic with this crowd-pleasing adaptation: chicken tinga tacos. We’re seasoning our chicken with bold spices before shredding it for the filling. And we’re turning the traditional tomato sauce into a delicious salsa, made with fresh tomato and green patty pan squash, a scalloped summer variety. Visit our partner TODAY.com/Food to learn how to make this delicious dish in a special video featuring Siri Daly.



Blue Apron Wine Pairings

Arco di Traiano Falanghina, 2014

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Ingredients

- 4 Boneless, Skin-On Chicken Breasts
- 8 Flour Tortillas
- 3 Radishes
- 1 Avocado
- 1 Green Patty Pan Squash
- 1 Lime
- 1 Tomato
- 1 Large Bunch Cilantro

Knick Knacks

- 1 Shallot
- ¼ Cup Sour Cream
- 1 Tablespoon Mexican Spice Blend

(Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano)

Makes: 4 servings | **Calories:** about 625 per serving

Prep Time: 15 minutes | **Cook Time:** 25–35 minutes



For cooking tips & tablet view, visit blueapron.com/recipes/fp319

Recipe #319

Instructions

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1



Prepare the ingredients:

Preheat the oven to 400°F. Wash and dry the fresh produce. Peel and thinly slice the shallot. Quarter the lime. Small dice the squash. Core and small dice the tomato. Pick the cilantro leaves off the stems; discard the stems and finely chop half the leaves, keeping the remaining leaves whole. Pit, peel and thinly slice the avocado. Cut off and discard the ends of the radishes; thinly slice the radishes into rounds.

2



Cook & shred the chicken:

Pat the **chicken** dry with paper towels; season with salt, pepper and the **spice blend** on both sides. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken. Cook, loosely covering the pan with aluminum foil, 4 to 6 minutes per side, or until browned and cooked through. Transfer to a cutting board, leaving any browned bits (or fond) in the pan. When cool enough to handle, remove and discard the skin from the cooked chicken. Using 2 forks, shred the cooked chicken into bite-sized pieces. Set aside in a warm place.

3



Marinate the shallot:

While the chicken cooks, in a small bowl, combine the **shallot**, **1 tablespoon of olive oil** and the **juice of 2 lime wedges**. Season with salt and pepper to taste. Set aside to marinate, stirring occasionally, for at least 10 minutes.

4



Make the salsa:

Add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **squash**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened. Add the **tomato**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the tomato has softened. Stir in the **chopped cilantro** and the **juice of the remaining lime wedges**. Remove from heat and season with salt and pepper to taste.

5



Warm the tortillas:

While the salsa cooks, stack the **tortillas** on a large piece of aluminum foil; tightly wrap the foil around the tortillas. Carefully place directly onto the oven rack. Warm 6 to 8 minutes, or until heated through. Remove from the oven. Just before serving, carefully unwrap the warmed tortillas and transfer to a serving dish.

6



Finish & serve your dish:

Season the **avocado** with salt and pepper to taste. Divide the **shredded chicken**, **marinated shallot** (draining just before adding) and some of the **salsa** (you may have extra salsa) between the **warmed tortillas**. Garnish with the **radishes**, **whole cilantro leaves** and seasoned avocado. Serve with the **sour cream** and any **remaining salsa** on the side. Enjoy!