

Chicken Tinga Tacos

with Creamy Avocado
& Cotija Cheese

TIME: 25-35 minutes

SERVINGS: 4

Chicken tinga is a specialty of Puebla, Mexico that marries shredded chicken with hot, savory chipotle peppers and sweet tomatoes. For our tacos tonight, we're making a milder take featuring ancho chiles, or dried poblano peppers, which have a pleasantly earthy flavor backed by a hint of smoke. Plump, sunny-hued tomatoes brighten the sauce, while bell pepper (yours may be green or purple) adds subtle sweetness. A creamy avocado spread, slathered onto the tortillas, also helps tame the heat of the filling.



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Ingredients



4
BONELESS,
SKINLESS
CHICKEN BREASTS



12
CORN TORTILLAS



6 oz
YELLOW CHARM
TOMATOES



3 cloves
GARLIC



1 large bunch
CILANTRO



1
AVOCADO



1
GREEN BELL
PEPPER



1
LIME



1
YELLOW ONION

KNICK KNACKS:



3 Tbsps
GRATED COTIJA
CHEESE



1 Tbsp
ANCHO CHILE
PASTE



1
FRESH BAY LEAF



1/4 cup
SOUR CREAM



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1 Cook & chop the chicken:

- ☐ Preheat the oven to 450°F.
- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the chicken and cook, loosely covering the pan with foil, 3 to 5 minutes per side, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer the cooked chicken to a cutting board; once cool enough to handle, roughly chop.

2 Prepare the ingredients:

- ☐ While the chicken cooks, wash and dry the fresh produce.
- ☐ Peel and thinly slice the onion.
- ☐ Peel and roughly chop the garlic.
- ☐ Cut off and discard the pepper stem. Halve the pepper lengthwise, then remove and discard the ribs and seeds. Thinly slice the pepper crosswise.
- ☐ Halve the tomatoes; place in a bowl and season with salt and pepper.
- ☐ Roughly chop the cilantro leaves and stems.
- ☐ Quarter the lime.
- ☐ Pit, peel, and medium dice the avocado; place in a medium bowl and season with salt and pepper. Top with **the juice of 2 lime wedges** to prevent browning.

3 Warm the tortillas:

- ☐ Stack the **tortillas** on a large piece of aluminum foil; tightly wrap to seal. Carefully place directly onto the oven rack; warm 9 to 11 minutes, or until heated through and pliable. Remove from the oven; transfer to a work surface and carefully unwrap.

4 Start the sauce:

- ☐ While the tortillas warm, add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **onion, garlic, pepper, and bay leaf**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned and slightly softened.
- ☐ Add the **chile paste**. Cook, stirring constantly, 30 seconds to 1 minute, or until dark red and fragrant. Add **½ cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until thickened and saucy. Turn off the heat. Season with salt and pepper to taste.

5 Add the chicken & finish the sauce:

- ☐ Add the **chopped chicken** and **seasoned tomatoes** to the pan. Cook on medium-high, stirring occasionally, 1 to 2 minutes, or until heated through and thoroughly combined. Turn off the heat.
- ☐ Carefully remove and discard the **bay leaf**. Stir in **the juice of the remaining wedges**. Season with salt and pepper to taste.

6 Make the creamy avocado & serve your dish:

- ☐ While the sauce cooks, to the bowl of **seasoned avocado**, add the **sour cream** and **half the cilantro**; season with salt and pepper. Using a fork, mash to your desired consistency. Season with salt and pepper to taste.
- ☐ Divide the **warmed tortillas** among 4 dishes. Divide the creamy avocado among the tortillas. Top with the **finished chicken and sauce**. Garnish with the **cheese** and **remaining cilantro**. Enjoy!