

Pulled Chicken Tacos

with Jicama, Avocado & Cilantro Salad

To give these tacos exceptional flavor, you'll cook the chicken in a tomato sauce with our own special spice blend. Chipotle powder provides a little smokiness, while powdered ancho chiles bring the perfect amount of heat. Cumin and Mexican oregano add a complex earthiness and an lush zing. Dried orange peel ties the dish together with its subtle, citrusy sweetness. After cooking the whole chicken breasts in this sauce, you'll pull (or shred) the chicken and add it back to the sauce, infusing it with even more flavor.



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- 6 Corn Tortillas
- 1 8-Ounce Can Tomato Sauce
- 8 Ounces Jicama
- 2 Cloves Garlic
- 2 Limes
- 1 Avocado
- 1 Red Onion
- 1 Large Bunch Cilantro

Knick Knacks

- 2 Teaspoons Chicken Taco Spice Blend
(Ancho Chile Powder, Chipotle Powder, Ground Cumin, Mexican Oregano & Dried Orange Peel)

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes

1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and cut the jicama into matchsticks. Peel and mince the garlic. Using a peeler, remove the green rind of one of the limes, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter both limes. Peel, pit and medium dice the avocado; toss with **the juice of 2 lime wedges** to prevent browning. Peel and halve the red onion. Thinly slice one half; small dice the remaining half. Pick the cilantro leaves off the stems; discard the stems.

2



Make the sauce:

In a medium pot, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic, lime zest, diced onion** and **spice blend**. Cook, stirring frequently, 2 to 3 minutes, or until the aromatics have softened and the spices are fragrant. Add the **tomato sauce** and **¾ cups of water**. Cook, stirring occasionally, 2 to 3 minutes, or until thoroughly combined and heated through; season with salt and pepper to taste.

3



Cook the chicken:

Season the **chicken** with salt and pepper on both sides. Add the seasoned chicken to the pot of sauce. Cook, flipping halfway through, 12 to 14 minutes, or until cooked through. Remove from heat.

4



Make the salad:

While the chicken cooks, in a large bowl, combine the **jicama, diced avocado, as much of the sliced red onion as you'd like, three-quarters of the cilantro** and **the juice of 4 lime wedges**. Drizzle with olive oil and toss to thoroughly combine. Season with salt and pepper to taste. Set aside.

5



Shred the chicken:

Transfer the **cooked chicken** to a work surface. Using two forks, shred the chicken. (Use one fork to hold the chicken steady on the cutting board. Use the other fork to tear the chicken into bite-sized pieces.) Return the **shredded chicken** to the pot of sauce and stir to thoroughly combine. Cover and set aside in a warm place.

6



Warm the tortillas & plate your dish:

Heat a large, dry pan on medium until hot. Working in batches, warm the **tortillas** for 20 to 30 seconds per side, or until soft and pliable. To plate your dish, fill each of the **warmed tortillas** with some of the **shredded chicken**. Garnish with the **remaining cilantro**. Serve with the **salad** and the **remaining lime wedges** on the side. Enjoy!