Shredded Chicken Tacos

A practical, home-kitchen recipe

PREP 15 minutes **COOK 25 minutes** **TOTAL 40 minutes** **YIELD 6 servings**

Difficulty: Easy



Ingredients

- 2 lb (900 g) boneless, skinless chicken breasts or thighs
- 1 tbsp neutral oil
- ½ cup (120 ml) low-sodium chicken broth
- 1 medium tomato, finely chopped
- ½ small onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp mild chili powder
- ½ tsp smoked paprika
- ¾ tsp fine salt
- ½ tsp dried oregano
- 12 small corn tortillas, warmed
- Shredded lettuce, diced tomato, avocado, cilantro and lime, to serve

Method & serving

Shredded Chicken Tacos

1. Stir cumin, chili powder, paprika, salt and oregano together. Pat chicken dry and rub the seasoning over both sides.

2. Heat oil in a covered skillet or Dutch oven over medium-high. Brown chicken for 2–3 minutes per side. Add broth, chopped tomato, onion and garlic; scrape up browned bits.

3. Cover, reduce heat to a gentle simmer and cook 15–20 minutes, turning once, until chicken reaches 165°F (74°C) at the thickest point. Thighs may be cooked a little longer for tenderness.

4. Move chicken to a board and shred with two forks. Simmer the pan juices uncovered for 2–4 minutes, then return the chicken and toss until moist and coated. Add a splash of broth if needed.

5. Fill warm tortillas with chicken and top with lettuce, tomato, avocado and cilantro. Serve with lime. Store leftover chicken separately from toppings for 3–4 days refrigerated.

Cook’s notes

For meal prep, make the seasoned chicken up to 3 days ahead and warm it gently with a tablespoon or two of broth. Freeze cooked shredded chicken for up to 2 months. Reheat until steaming hot.