CHIPOTLE CHICKEN TACOS WITH PINEAPPLE SALSA

SERVES: 4
TOTAL TIME: 20 MINUTES

INGREDIENTS

- 500 grams skinless boneless chicken thighs, roughly chopped
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 2 teaspoons sweet smoked paprika
- 2 teaspoons ground cumin
- 2 tablespoons cider vinegar
- 1 tablespoon chipotle paste
- 200 millilitres passata
- 2 tablespoons soft brown sugar
- ½ small pineapple, cored, peeled and chopped
- Small bunch coriander, chopped
- Corn or flour tortillas
- Hot sauce of choice

INSTRUCTIONS

Whiz the chicken in a food processor to create a rough mince.

Heat the oil in a large saucepan and add half the onion along with the chicken mince.

Season well and cook for about 5 minutes on a high heat to brown, breaking up any lumps. Next add the spices, vinegar, chipotle paste, passata and sugar.

After a further 5 minutes cooking, remove from the heat and set aside.

Make the salsa by mixing the rest of the onion, pineapple and coriander together in a bowl.

Serve the chicken with sides of the salsa, warmed tortillas and hot sauce.

MACROS PER PORTION

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