

Mexican CHICKEN TINGA

Chicken Tinga is a common Mexican dish that is easy to make & great to enjoy in any season! This recipe comes from the family of one of our Growers, Baltazar M.



STEPS:

- Wash all produce before cooking.
- Dice Tomatoes-on-the-Vine into small cubes and slice the red onion, setting aside ¼ of the onion for when boiling the chicken. Crush one garlic clove.
- Put 2 liters of water into a large pot and boil chicken breasts until it can be shredded (this may take 10-15 minutes). While boiling the chicken add one crushed clove of garlic to the water, as well as ¼ of the red onion, a dash of salt, and a dash of pepper.
- When your chicken is done boiling, shred the chicken.
- In a cast iron pan, add the oil and saute the onion until it is fragrant. Then add the Tomatoes, and sea salt. Let this mixture boil for 5 minutes.
- Add the chicken, oregano, paprika, and sliced jalapenos to your Tomato mixture, mix it in, and let it boil for 2-3 minutes.
- Let cool 5 minutes then serve on its own, with Mexican rice, or over flatbread or in hard-shell tacos! Garnish with minced cilantro and grilled lemon juice.



Nutrition Facts	
servings per container	
Serving size	(239g)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 400mg	17%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 256mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 5 minutes
Cook time: 25 minutes
Serves: 4-6 People

INGREDIENTS:

- 8 Nature Fresh Farms Tomatoes-on-the-Vine, diced
- 1 tsp. oregano
- 1 tsp. paprika
- 2 jalapeno peppers, sliced
- 1 large red onion, chopped
- ½ tsp. sea salt
- ½ tsp. pepper
- 3 tbsp. olive oil
- 1 pound of boneless chicken breasts
- 2 garlic cloves, crushed

CHEF'S TIP:

If you're looking for an even more authentic flavor, replace the oregano, paprika, and jalapenos with a pureed can of chipotle peppers in adobo sauce (which you can find at most Mexican food stores).

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