
Mexican Pulled Chicken

Kate Fewster

A quick and popular meal that keeps three hungry teenage boys happy!

INGREDIENTS

2 chicken thighs
1 chicken breast
1 cup bottled Mexican salsa
(I use a mix of 2 different flavours — e.g. chipotle and tomato)
salt and pepper

Season the chicken (both sides) with salt and pepper.

Heat wok or fry pan (needs to have a lid). Place chicken into hot pan.

Cook 3 minutes each side to brown and seal.

Add cup of salsa. Reduce heat to medium/low. Simmer with lid on for 20 minutes.

Turn chicken. Continue to simmer for 10 minutes.

When done, remove from pan. Shred using two forks.

Return to pan and mix with remaining sauce.

Serve with tacos or tortillas.

Disfrutar!

Tips

If you like a saucier version — use more salsa, or rinse out your salsa jar with water and include before cooking.

Can also be shredded in a Thermomix — Reverse Speed 4 for about 4 seconds.

