MEXICAN · LUNCH · DINNER

Chicken Tinga Tacos with Pickled Chipotles

150 min · Serves 4 · 605 kcal a serve · Video 14:02 · Rick Bayless

Gluten-free ingredients · No nuts listed

Each serve of 3 tacos gives about 33 g of protein and 11 g of fibre from chicken thigh, corn tortillas, tomato and avocado, with only about 2 g of added sugar from the chile pickle.

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Ingredients 17 · SERVES 4

- [ ] ½ cup **apple cider vinegar**, for the pickling brine (a splash goes into the tinga)
- [ ] ½ cup **water**, for the pickling brine
- [ ] **piloncillo** (2 oz), or a generous ¼ cup dark brown sugar, for the pickling brine (only a little ends up in the dish)
- [ ] 4 pickled morita (chipotle) chiles, thinly sliced (from a 2 oz batch of about 20 dried chiles)
- [ ] 3 **garlic** cloves, halved, for the pickling brine
- [ ] **olive oil**, enough to coat a large skillet (about 2 tbsp)
- [ ] 1 large **white onion**, sliced just under ½ inch thick
- [ ] 1 lb **chicken thighs**, boneless and skinless, cut into ½ inch pieces
- [ ] 3 **garlic** cloves, finely chopped
- [ ] 1 × 15 oz can diced **tomatoes**, preferably fire-roasted, coarsely blended
- [ ] about 1 tsp **dried Mexican oregano**
- [ ] about 1 tsp **salt**, plus more to taste (and ½ tsp for the pickling brine)
- [ ] 12 **warm corn tortillas**
- [ ] 1 **ripe avocado**, sliced
- [ ] about ¾ cup (3 oz) **queso fresco**, crumbled
- [ ] a handful of coriander (cilantro) leaves
- [ ] **lime wedges**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pickle the chiles (ahead): simmer the vinegar, water and piloncillo until dissolved, add the dried moritas, halved garlic and ½ tsp salt, simmer 2 minutes, then cool with a plate on top to keep them submerged for about 2 hours. 2:03
2. Heat a large skillet over medium-high and coat the base well with olive oil. Fry the sliced onion for about 4 minutes until it starts to brown. 4:43
3. Spread the chicken pieces over the pan in one layer, press them down and leave 4–5 minutes until well browned underneath. Scrape and stir, add the chopped garlic and cook about 1 minute until fragrant. 6:18
4. Pulse the tomatoes to a very coarse purée and stir into the pan. Thinly slice 4 pickled chiles (seeds in) and add them with the oregano, rubbed between your palms. 8:01
5. Simmer on medium-low for about 4 minutes until thick enough for a taco filling. Season with about 1 tsp salt and a splash of the chile pickling liquid. 10:14
6. Spoon onto warm corn tortillas and top with avocado, crumbled queso fresco, coriander and a squeeze of lime. 12:45

> **Tip** Serves 4 (our estimate, 3 tacos each). With 3–4 canned chipotles in adobo instead of pickled moritas it's ready in about 30 minutes. Leftover pickled chiles keep for months in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
605 kcal	34 g	55 g
2,530 kJ	68% of a day	44 g net · 9.7 g sugars
		20% of a day

FIBRE	FAT	SODIUM
11 g	30 g	1,090 mg
41% of a day	7.5 g saturated	47% of a day
	38% of a day	

Energy from net carbs 30% · protein 23% · fat 47%

High in (20%+ of a day) Selenium 56% · Vitamin B6 49% · Zinc 42% · Vitamin B12 36% · Magnesium 29% · Vitamin E 28% · Iron 25% · Potassium 22% · Vitamin C 22% · Vitamin K 22% · Calcium 20%

Source of (10–19%) Vitamin A 18% · Folate 17% · Omega-3 14%

Recipe and video: Rick Bayless (@rickbayless) on YouTube — youtube.com/watch?v=Cz9aEY5EkKI, published 19 May 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chicken-tinga-tacos-pickled-chipotle