MEXICAN · LUNCH · DINNER

Grilled Ancho-Chipotle Chicken Tacos with Avocado Salsa

145 min · Serves 6 · 488 kcal a serve · Video 4:54 · Cooking Con Claudia

Gluten-free ingredients · No dairy listed · No nuts listed

Chicken breast seared on a dry griddle gives about 40 g of protein a serve, and corn tortillas, avocado and cabbage add about 9 g of fibre. The avocado salsa stands in for cheese or sour cream.

Diet notes: Low saturated fat (2.9 g, 5% of the energy).

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Ingredients 23 · SERVES 6

- [ ] 900 g **boneless chicken breasts**, split in half horizontally
- [ ] ½ **onion**, chopped (marinade)
- [ ] 4 **garlic** cloves, minced (marinade)
- [ ] 2 **chipotle chillies** in adobo plus 1 tbsp of the adobo sauce
- [ ] 60 ml **vegetable or olive oil** (about half stays in the marinade)
- [ ] 60 ml **apple cider vinegar** (about half stays in the marinade)
- [ ] 2 tsp **ancho chilli powder** + ½ tsp chipotle powder
- [ ] 2 tsp **ground cumin** + ½ tsp ground coriander
- [ ] 1½ tsp **dried oregano**
- [ ] ½ tsp **onion powder**
- [ ] ½ tsp **black pepper** in the marinade + ½ tsp in the salsa
- [ ] 2¼ tsp **salt** + 1 tsp garlic salt in the marinade (about half stays behind), ½ tsp salt + ½ tsp garlic salt in the salsa
- [ ] 1 large **avocado** (salsa)
- [ ] ¼ **onion** (salsa)
- [ ] 1 **garlic** clove (salsa)
- [ ] a handful of **coriander** for the salsa, plus extra to serve
- [ ] 1 **jalapeño or 1–2 serranos** (salsa), to taste
- [ ] 2 tsp **lime juice** in the salsa + lime wedges to squeeze over
- [ ] 120 ml **water** to blend the salsa
- [ ] about 18 small **corn tortillas**, warmed (3 per serve)
- [ ] about 470 ml finely shredded **cabbage** (150 g), to top
- [ ] about 100 g **pico de gallo**, to serve (optional)
- [ ] about 60 g **salsa roja**, to serve (optional)

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

Allergens found in the listed ingredients: 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. Make the marinade: stir together the chopped onion, garlic, chipotles with adobo, oil, cider vinegar, ancho and chipotle powders, cumin, coriander, oregano, onion powder, garlic salt, pepper and salt. Taste and adjust. 0:14
2. Slice the chicken breasts in half horizontally so they cook quickly, coat them well in the marinade, cover and refrigerate for at least 2 hours. 0:57
3. Take the chicken out 10 minutes before cooking. Meanwhile blend the avocado, onion, garlic, coriander, chilli, lime juice, seasoning and 120 ml water until smooth; taste and adjust. 1:23
4. Heat a griddle or comal over medium-high. Cook the chicken about 4 minutes per side until just cooked through, then rest it under foil while you cook the rest. 2:15
5. Warm the corn tortillas on the hot griddle. Slice the chicken into strips, then into small pieces. 2:56
6. Spread each tortilla with avocado salsa, add chicken, squeeze over a little lime and top with shredded cabbage, pico de gallo and salsa roja. 3:17

> **Tip** Serves 6, about 3 tacos each (our estimate). Thighs work too. For a milder marinade use only the adobo sauce and skip the chipotle chillies.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
488 kcal	42 g	46 g
2,040 kJ	84% of a day	36 g net · 4.1 g sugars
		17% of a day

FIBRE	FAT	SODIUM
9.5 g	16 g	1,040 mg
34% of a day	2.9 g saturated	45% of a day
	21% of a day	

Energy from net carbs 32% · protein 36% · fat 32%

High in (20%+ of a day) Selenium 67% · Vitamin B6 65% · Vitamin K 36% · Vitamin C 34% · Magnesium 28% · Zinc 24% · Iron 20%

Source of (10–19%) Vitamin E 19% · Potassium 18% · Vitamin B12 16% · Folate 15% · Calcium 10% · Omega-3 10%

Recipe and video: Cooking Con Claudia (@CookingConClaudia) on YouTube — youtube.com/watch?v=Dyt-SwWBehs, published 8 January 2024. 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/claudia-grilled-chicken-tacos-avocado-salsa