

Easy Chicken Tinga

Ingredients

- 1 1/2 kg chicken thighs
- 1/2 teaspoon black pepper
- salt
- 2 tablespoons ghee or lard
- 1 small white onion, finely chopped
- 1 tablespoon tomato paste
- 6 medium garlic cloves, minced
- 2 teaspoons dried oregano
- 2 teaspoons chili powder
- 2 bay leaves
- 2 tins diced tomatoes, drained
- 2 tablespoons apple cider vinegar
- 500ml bone broth

Method

1. In a large bowl, toss the chicken thighs with pepper and 2 teaspoons of salt.
2. Melt the fat in a large pot over medium heat. Once the fat is shimmering hot, add the onions, tomato paste, and 1/2 teaspoon salt. Cook, stirring until the onions have softened.
3. Toss in the garlic, oregano, chilli powder, and bay leaves. Stir for about 30 seconds or until fragrant.
4. Add the drained tomatoes and apple cider vinegar, and pour in the broth.
5. Stir well to combine, and then add the chicken. Increase the heat to high, and bring everything to a boil.
6. Lower the heat to a simmer. Cover and cook for 15-20 minutes or until the thighs are cooked through.
7. transfer the cooked thighs to a plate and set it aside. Crank the stove up to high and bring the sauce to a boil.
8. While the sauce is cooking, shred the chicken thighs.
9. Once the sauce reduces by half (which takes about 10 minutes) turn off the heat and fish out the bay leaves.
10. With an immersion blender, puree the sauce until smooth. Taste and adjust with salt and pepper if necessary.
11. Add the chicken back into the pot and stir to combine.
12. Serve the tinga in lettuce wraps or grain-free tortillas.