

# Mexican Chicken Marinade

## Ingredients

- Chicken Thighs – 8
- Avocado Oil – 1/3 Cup
- Chili Powder/Flakes – 1 tsp
- Chipotle Paste/Sauce – 3 tsp (e.g., La Costeña)
- Cilantro – ½ Cup, chopped
- Cumin Powder – 1 tsp
- Garlic Powder – 2 tsp
- Limes – 2 (juiced)
- Onion Powder – 1.5 tbsp
- Oregano – 1.5 tbsp
- Paprika – 1 tsp
- Black Pepper – ½ tsp
- Salt/MSG – 1.5 tsp

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## Instructions

### 1. Make Marinade

In a resealable bag or bowl, combine avocado oil, chili powder, chipotle paste, cilantro, cumin, garlic powder, lime juice, onion powder, oregano, paprika, pepper, and salt/MSG. Whisk or shake until dissolved and combined.

### 2. Marinate Chicken

Add the chicken thighs, ensuring they are well coated. Refrigerate for at least 30 minutes (or overnight for deeper flavor).

### 3. Sear

Preheat a cast iron pan to ripping hot heat. Remove chicken from marinade (discard excess). Sear on both sides for 30–60 seconds to get a char.

### 4. Cook

**Option A (Air Fryer):** Cook at 400°F for 12 minutes, flip, then cook for 8 more minutes.

**Option B (Oven):** Bake at 400°F for 20–25 minutes.

### 5. Serve

Let the chicken rest for a few minutes before serving.