

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 tbsps
- Oregano – 1.5 tbsps
- 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.