

HEALTHY

Chicken Tacos

YOU WILL NEED

Serves 8

4 chicken breasts

1 cup chicken stock or filtered water

3 garlic cloves, minced

1 tsp chilli powder, or to taste

1 tbsp ground cumin

2 tsp sea salt

1/4 tsp black pepper

1 onion, peeled & cut into quarters

1-2 limes, juiced & to garnish

Serve with lettuce cups, shredded red & white cabbage, coriander leaves & avocado.

METHOD

- Mix stock/water, garlic, chilli, cumin, salt and pepper in a large casserole dish or pot.
- Add chicken breasts in single layer.
- Top with onion.
- Cover with a lid. Cook in the oven on 150C for 90-120 minutes.
- Shred the chicken with two forks once cooked.
- Pour juice of one lime over shredded chicken before serving.



COOKING TIP

This dish can also be cooked in a slow cooker.

Add all ingredients, except lime juice, to a slow cooker. Cook on low for 4 - 5 hours.

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