



SLOW COOKER MEXICAN CHICKEN

SERVES
4

PREP
15 minutes

COOK
6 hours

Ingredients

1 onion, finely sliced
3 garlic cloves, finely diced
olive oil
1 tsp dried oregano
2 tsp ground cumin
2 tsp ground coriander
2 tsp paprika
1 tbsp tomato paste
pinch chilli flakes
2 tsp brown sugar
1 can chopped tomatoes
1 cup chicken stock
3 chicken breasts

To serve

Soft tortillas
Finely sliced red onion
Sliced avocado
Sour cream
Fresh coriander
Shredded iceberg lettuce
Lime wedges



Method

Get your slow cooker ready and turn it on.

Heat a splash of olive oil in a fry pan, add finely sliced onion and garlic, cook until soft.

Add the oregano, cumin, and coriander and paprika, cook until fragrant.

Then add the tomato paste, chilli flakes, brown sugar, tomatoes, and chicken stock, cook for about 2 minutes until the mixture comes to the boil, season with salt and pepper to taste.

Place the chicken breasts in the slow cooker and pour the tomato mixture on top.

Take a piece of baking paper and place over the chicken mixture.

Set the slow cooker to cook for 6 hours.

Take the chicken breasts from the tomato mixture and shred with two forks.

Place the shredded chicken into a bowl and pour over the tomato mixture. Keep warm until you're ready to serve.

To assemble, place the chicken in a warm tortilla, along with lettuce, coriander, red onion, avocado and sour cream.

Tip: Fantastic with a squeeze of lime juice over the top.