

## Chicken Tacos

**Yield:** 4 tacos (2 per person)

**Serves:** 2



### Ingredients

- Boneless, skinless chicken thighs – 300 g (≈2 thighs)
- Garlic – 2 cloves, grated
- Lime juice – 15 ml (from ½ lime), plus wedges for serving
- Hot sauce – 5 ml (1 tsp, optional depending on salsa heat)
- Onion powder – ½ tsp
- Ground cumin – 1 tsp
- Chili powder – pinch (or adjust to taste)
- Canola oil – 20 g (≈1½ Tbsp), divided
- Kevala coconut aminos – 1 tsp (instead of salt)
- Black pepper – ¼ tsp
- Corn or flour tortillas (20 cm) – 4, warmed
- Minced onion & fresh cilantro – for topping
- Guacamole – optional (or use mashed avocado with lime)

### Instructions

1. In a bowl, combine **chicken, garlic, lime juice, hot sauce, onion powder, cumin, chili powder, 1 T oil, coconut aminos, and black pepper**. Toss well to coat. Let **marinate 20–30 minutes** if time allows.
2. Heat remaining ½ T oil in a heavy skillet over **medium-high**. Add **chicken** and cook until browned and edges are crisp, **6–7 minutes per side**. Remove to a cutting board.
3. Reduce heat to **medium-low**, add **60 ml water** to the skillet, scraping up browned bits.
4. Chop or shred the chicken, then return to skillet and toss in the pan sauce. Simmer **2–3 minutes**.
5. Serve hot in warmed tortillas with **onion, cilantro**, and optional **guacamole** or **salsa**.

### Nutrition (per 1 serving = 2 tacos, without guacamole)

- **Calories:** ~470 kcal
- **Protein:** 33 g
- **Fat:** 21 g
  - Sat. Fat = 4 g
- **Carbs:** 36 g
  - Sugars = 3 g
- **Fiber:** 4 g
- **Sodium:** ~420 mg (mainly from coconut aminos + hot sauce + tortillas)
- **Omega-3:** ~0.1 g

### Flavor & Sodium Notes

- Coconut aminos + lime keep it tangy without heavy salt.
- If using **corn tortillas from Nissin World Deli**, toast briefly in a dry pan for better flavor.

- Adding **a little smoked paprika** will deepen the flavor if you want more “grill” profile.
- A spoon of **Greek yogurt with lime zest** makes a great light crema topping (instead of sour cream).