

# Chicken Soft Tacos for Two

**SERVES** Serves 2

**TIME** 50 minutes

## WHY THIS RECIPE WORKS

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We poached the chicken in a simple but flavorful combination of sweet orange juice and savory Worcestershire sauce enhanced with cilantro, smoky chipotle, and fragrant garlic. Once the chicken was tender, we set it aside to rest while we reduced the poaching liquid to make a sauce. We then stirred in fresh cilantro and a bit of piquant yellow mustard, which nicely balanced the sweetness of the juice. Tossed in the sauce, dolloped with spicy chipotle sour cream, and wrapped in warm tortillas, our chicken filling was incredibly moist and laced with just the right amount of spice, heat, and tang.



## INGREDIENTS

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- 1 teaspoon vegetable oil
- 3 garlic cloves, minced
- 1 teaspoon minced canned chipotle chile in adobo sauce
- ½ cup minced fresh cilantro
- ½ cup orange juice
- 1 tablespoon Worcestershire sauce

## BEFORE YOU BEGIN

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- \*** To make this dish more or less spicy, adjust the amount of chipotle chiles. Serve with your favorite taco toppings.

## INSTRUCTIONS

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- 1** Heat oil in 10-inch nonstick skillet over medium heat until shimmering. Stir in garlic and ½ teaspoon chipotle and cook until fragrant, about 30 seconds. Stir in 5 tablespoons cilantro, orange juice, and Worcestershire. Lay chicken in skillet and bring to simmer over medium-low heat, 10 to 15 minutes.

- 2** (6- to 8-ounce)  
boneless, skinless chicken  
breast,  
trimmed and pounded to  
even thickness if necessary
- 1** teaspoon yellow mustard
- Salt and pepper
- ½ cup sour cream
- 6** (6-inch) corn tortillas,  
warmed

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**2** When liquid is simmering, flip chicken, cover, and continue to cook until chicken registers 160 degrees, 10 to 15 minutes.

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**3** Transfer chicken to cutting board, let cool slightly, then shred into bite-size pieces using 2 forks. Meanwhile, continue to simmer poaching liquid over medium heat until slightly thickened and reduced to ⅓ cup, about 2 minutes. Off heat, stir in mustard, 2 tablespoons cilantro, and shredded chicken and let sit until heated through, about 2 minutes. Season with salt and pepper to taste.

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**4** Combine sour cream, remaining ½ teaspoon chipotle, and remaining 1 tablespoon cilantro in bowl. Season with salt and pepper to taste. Serve chicken with warm tortillas and sour cream sauce.