



# SHREDDED MEXICAN CHICKEN

Aim: Lean protein source, with added punch of delicious!

## Ingredients

- 500g Skinless Chicken Breast
- 500g Passata
- 2 Tsp Garlic Granules
- 3 Tbsp Fajita Spices
- 1 Tsp salt
- Juice of 1 lime

## Directions

READY IN: 65 // SERVINGS: 4

1. Mix together all the ingredients except the chicken, and pour into a saucepan. Add the chicken, adding water if the sauce doesn't quite cover the top of the chicken breasts.
2. Simmer over a low heat, with the lid on, for 45-50 mins.
3. Remove from the heat, take the chicken out of the sauce, and shred. Heat a frying pan over a high heat and add the shredded chicken and 2 tbsp of the cooking sauce. Fry until bits of the chicken are charred, but the meat remains soft.
4. Serve!! Will keep in the fridge for up to 5 days, and freezes well!

Variations to consider: Consider using a pork shoulder joint instead of chicken, for a red meat source. To increase the spice, add chilli flakes. Fancy a change away from Mexican? Consider using ras el hanout, cinnamon and cumin instead of the fajita spice and lime, for a Moroccan feel.

CALORIES

186

CARBOHYDRATE

6

PROTEIN

36

FAT

2

Nutrition values for one serving are based on average nutritional values of ingredients, and using homemade stock. Actual values will vary.