



**COOKING WITH  
LOCAL FOOD**

## MANGO PEPPER CHICKEN TACOS

*These are hands down the  
most delicious chicken  
tacos you will experience  
outside of Mexico.*



# MANGO PEPPER CHICKEN TACOS

- Pat chicken breast dry with paper towel and season with spices. Heat a large Dutch oven (or pot with tightly fitting lid) over medium-high heat. Sauté chicken in canola oil browning on both sides (chicken will not be cooked through). Transfer browned breasts to a plate. Sauté onion, pepper, and garlic until onion becomes translucent. Add mango ginger pepper jelly and water to sautéed onion and peppers scraping bottom of pot to remove any stuck pieces and browned bits.
- Return partially cooked chicken to the pot and cover. Reduce heat to low and braise for 30 minutes. Remove from heat and set aside to rest without lifting lid for 30 minutes.
- Once rested, shred chicken meat with 2 forks. Return to pot stirring into remaining juices, onions and peppers.
- Serve with warmed tortilla shells, toppings, pico de gallo, and optional cilantro, avocado, and squeeze of fresh lime juice.

*Cheers to good health & good food - Chef Susan Hoy*



## SEASONED CHICKEN

1 lb Uncle Bernie's All Natural Chicken Breast

½ Mountainview Colony white onion

½ red bell pepper, thinly sliced

½ yellow bell pepper, thinly sliced

1 lg Mountainview Colony garlic clove

1 ½ tsp cumin

½ tsp coriander

½ tsp chili powder

½ tsp Mexican oregano

½ tsp salt

¼ tsp black pepper

1 ½ tbsps Mountainview Colony Unrefined Canola Oil

½ c. Kranks Mango Ginger Pepper Jelly

¼ c water

## TACOS

6 Bakers Oven Home Bakery

Tortilla Shells

1 c shredded green cabbage

3 Happiness by The Acre radishes

3 Happiness by The Acre green onions

½ c Mountainview Colony red onion

Kruse's Pico de Gallo

Cilantro, avocado, fresh lime

*Find it all here:*

[COCHRANEFARMERSMARKET.CA](http://COCHRANEFARMERSMARKET.CA)