



# Authentic Grilled Chicken Mexican Tacos

Succulent grilled chicken infused with smoky chipotle, cumin, and lime flavors, nestled in warm tortillas and topped with vibrant pico de gallo, creamy avocado, and fresh cilantro. These restaurant-quality tacos deliver authentic Mexican street food experience with a perfectly charred exterior and juicy, tender interior. Quick to prepare yet bursting with complex flavors, these tacos are perfect for weeknight dinners or impressing guests at your next gathering.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
20 minutes	25 minutes	45 minutes	4 servings

## INGREDIENTS

1.5 pounds Boneless, skinless chicken breasts	3 tablespoons Olive oil
3 tablespoons Fresh lime juice	2 whole peppers Chipotle peppers in adobo sauce
1.5 teaspoons Ground cumin	4 cloves Garlic cloves
1 teaspoon Dried oregano	1 teaspoon Sea salt
½ teaspoon Black pepper	8 tortillas Warm flour tortillas
½ cup Fresh cilantro	1 whole Ripe avocado

## INSTRUCTIONS

- 1

In a blender or food processor, combine minced chipotle peppers with adobo sauce, fresh lime juice, minced garlic, olive oil, ground cumin, dried oregano, salt, and black pepper. Blend until smooth and creamy, creating a vibrant orange-red

marinade. Taste and adjust seasonings as needed, adding more lime for brightness or chipotle for heat.

**2** Pat the pounded chicken breasts dry with paper towels. Place them in a shallow dish or zip-lock bag and pour the marinade over, ensuring every piece is well-coated. Reserve about 2 tablespoons of marinade in a small bowl for basting. Cover and refrigerate for at least 15-20 minutes, or up to 4 hours for deeper flavor infusion.

**3** Preheat your grill to medium-high heat (around 400°F/200°C), aiming for a temperature where you can hold your hand 6 inches above the grates for about 3 seconds. If using charcoal, ensure coals are evenly distributed. Lightly oil the grill grates with a high-heat oil using a folded paper towel and tongs to prevent sticking.

**4** Remove chicken from marinade, allowing excess to drip off. Place breasts on preheated grill grates and cook for 6-7 minutes without moving them, allowing a golden char to develop. Flip once, baste with reserved marinade, and cook for another 6-7 minutes until internal temperature reaches 165°F (74°C) when measured with a meat thermometer at the thickest part.

**5** Transfer the grilled chicken to a cutting board and let it rest for 3-5 minutes. This crucial step allows the juices to redistribute throughout the meat, ensuring tender, moist chicken. After resting, slice the breasts against the grain into thin strips, which allows maximum flavor absorption into the tortillas.

**6** While chicken rests, warm your tortillas by placing them directly on a gas flame for 10-15 seconds per side, or wrap them in foil and place on the cooler side of the grill for 2-3 minutes. Alternatively, heat them in a dry skillet over medium heat until pliable and warm. Keep them wrapped in a clean kitchen towel to maintain warmth.

**7** Place a warm tortilla on a serving plate and add 2-3 slices of grilled chicken down the center. Top with fresh cilantro, avocado slices, and any additional desired toppings such as pico de gallo, sour cream, or fresh lime wedges. Serve immediately while chicken and tortillas are still warm.



### Chef's Notes

The secret to exceptional grilled chicken tacos lies in three elements: proper marinade balance, not overcooking the chicken, and using a hot grill for proper caramelization. I always pound chicken to even thickness to ensure uniform cooking—no dry edges and undercooked centers. The chipotle-lime combination is authentically Mexican and creates incredible depth of flavor that simple salt and pepper cannot achieve. Finally, always let your chicken rest before slicing; this simple step makes the difference between mediocre and magnificent tacos.

### NUTRITION PER SERVING

Calories: **385 kcal**   Protein: **38 g**   Carbs: **22 g**   Fat: **16 g**

