

# SKILLET CHICKEN BREAST FAJITAS

**F EASY**

Last Modified: 07/10/2018

PREP: 1 Hr 30 Min  
COOK: 45 Min  
STOVETOP & OVEN 350

MEXICAN

**MAKES 4 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
4	Split	Chicken Breasts (Boneless / Skinless)	Pounded
10	8 Inch	Flour Tortillas (Old El Paso)	
1	Large	White Onion	Thin Sliced
1	Pound	Fresh Poblano Peppers (Seeded)	Roasted
1	Medium	Colored Bell Pepper (Seeded)	Roasted
2	Cloves	Garlic	Minced
1/4	Tsp	Dried Oregano	
1/4	Tsp	Dried Thyme	
1/2	Cup	Heavy Cream	
1	Tbsp	Lime Juice	Fresh

## CHICKEN MARINADE

1	Tsp	Kosher Salt	
4	Whole	Garlic Cloves	Smashed
3	Tbsp	Lime Juice	Fresh
1/2	Tsp	Ground Black Pepper	
1/2	Tsp	Ground Cumin	
1/8	Tsp	Cayenne Pepper	To Taste
1 1/2	Tsp	Smoked Paprika	
1	Tsp	Granulated Sugar	
3	Tbsp	Vegetable Oil	

## PREPARATION

<b>FACTOID</b>	I enjoyed these flavorful devils at a small Restaurant in Mexico City near Banamex for lunch SEVERAL days in a row. Luckily, one of the Field Engineers knew the head chef (his sister-in-law). It took much groveling, but he finally got me the recipe.
<b>FACTOID</b>	Fresh Poblano Chilies are for sure the way to go here. Poblanos are dark green, pointed and about 4 to 5 inches long. Poblano Chiles are also known as Ancho Chiles once they are allowed to ripen to a bright red and are sun dried.
<b>HINTS</b>	Flour Tortillas. The best are the thinnest - find by looking at the height of the package of ten - Thicker ones taste doughy. The higher the fat content and Salt, the better the taste.
<b>FACTOID</b>	America's Test Kitchen tested ready-made Flour Tortilla's. They found Old El Paso Brand to be the hands down winner for both, taste and texture. I TOTALLY AGREE!
<b>TOOLS</b>	<ol style="list-style-type: none"> <li>1) Medium Mixing Bowl</li> <li>2) Small Mixing Bowl</li> <li>3) Meat Hammer</li> <li>4) Large Skillet (Oven Proof) &amp; Cover</li> <li>5) Aluminum Half Sheet Pan</li> </ol>
<b>HINTS</b>	To prepare the Peppers for broiling: Slice off the stem end, slice them in half the long way and remove and discard the seeds (Bell Peppers cut into 1/4's).

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<b>PREP</b>	<b>DISH</b> 1) Thinly slice the Sweet Onion and set it aside. 2) Mince the Garlic Cloves and set them aside. 3) Juice the Lime and set it aside. 4) Roast the Peppers according to step #3 and set them aside.
<b>PREP</b>	<b>CHICKEN MARINADE</b> 1) Smash the Garlic Cloves and set them aside. 2) Juice the Lime and set it aside.
<b>1</b>	So the Breasts cook evenly, place them between two sheets of plastic wrap and pound the thick rounded part until it is the same thickness as the pointed tail end is. Slice each Breast into 2" long 1/4" wide strips.
<b>2</b>	In a medium mixing bowl, mix all of the Marinade ingredients well, add in the Chicken Breast strips and stir to coat evenly. Cover and set them aside for 1/2 to 1 hour.
<b>3</b>	Meanwhile, place the Peppers skin side up on a sheet pan and squash them flat with your fingers to help with even blackening. Roast the Peppers under the broiler for about 6 to 10 minutes until the skin is well blackened. Peel off and discard the charred skin and slice the Peppers into 1/4 inch wide, long strips.
<b>4</b>	In a large skillet over very high heat, preheat 1 tablespoon of Vegetable Oil until it just starts to smoke. Add in the Onions and saute them until they just start to char. Add in the Garlic and saute until fragrant. Add in the Heavy Cream, Bring it to a boil, stir and cook until the Onions are evenly coated. Add in the Roasted peppers, Thyme, Oregano and Lime Juice, stir to mix evenly and set it in a foil covered heat-proof bowl and place it over the now turned off burner to keep warm.
<b>5</b>	Preheat the oven to 350 degrees moving the rack to the center. Wipe out the skillet with a paper towel. Over high heat, add in another tablespoon of Vegetable Oil and heat it until it is smoking hot. Drain the Chicken Strips (reserving any remaining Marinade), fry, stirring often until lightly charred (about 4 minutes). Pour the reserved Marinade over the Chicken Strips, stir and place the pan uncovered in the oven. Roast them for approximately 7 to 10 minutes, stirring once halfway through.
<b>6</b>	Stir in the still warm Onion & Pepper Mixture. Allow the Fajitas to rest for 5 minutes while COVERED.
<b>7</b>	Meanwhile, toast the Tortillas on the stovetop burner - careful that they do not Burn - set them in a covered pan or keeper to keep warm.
<b>SERVE</b>	Build the Fajitas and enjoy (Top with Shredded Cheese, fresh Chopped Tomatoes, Shredded Lettuce, etc. U Choose.....)

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