# Shredded Citrus Chicken with Three Serving Options

4 portions of shredded chicken, about 3/4 cup each · Active 20 min · Total 50 min

Skills: Easy

## Ingredients

- 1 1/2 lb boneless skinless chicken thighs, trimmed (680 g)
- 1 teaspoon olive oil (5 ml)
- 1 small onion, thinly sliced (100 g)
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 3/4 cup orange juice (180 ml)
- 1/4 cup low-sodium chicken stock (60 ml)
- 2 tablespoons lime juice (30 ml)
- 1/2 teaspoon fine salt
- 1/4 teaspoon ground black pepper

## Set out

2 1/2-quart saucepan with lid, Tongs, Two forks, Food thermometer, Shallow portion containers

## Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

## Make it

**1.** Heat oil in the saucepan over medium heat. Cook onion for 5 minutes, then add garlic, cumin and oregano for 30 seconds.

**2.** Add chicken, orange juice, stock, salt and black pepper. Bring to a gentle simmer, cover and cook for 20–25 minutes, turning once, until all thick pieces reach 165°F/74°C.

**3.** Lift chicken to a plate. Simmer the liquid uncovered for 5–8 minutes until reduced to a light coating sauce.

**4.** Shred chicken with two forks. Return to the pan with lime juice and fold through the sauce. Heat until hot throughout.

**5.** Serve a portion or divide into shallow containers and refrigerate promptly for later meals.

## A foundation with an actual plan

Label each portion with its preparation date and decide which will be refrigerated and which will be frozen. That small decision prevents a helpful batch from becoming several identical boxes waiting too long in the fridge.

## A useful detail

Use boneless thighs rather than a mixture of bone-in pieces; the stated timing and portioning assume similar-sized boneless meat. For the optional rice bowl, rice must be rapidly cooled, kept at 40°F/4°C or below, used within 24 hours of original cooking and reheated no more than once; the chicken storage period does not extend the rice limit.

## Keep it well

Refrigerate within 2 hours, or 1 hour above 90°F/32°C, in shallow covered containers at 40°F/4°C or below for up to 3 days, or freeze for up to 2 months. Thaw in the refrigerator and reheat to 165°F/74°C. Variations introduce their own allergens and storage needs.