



Chicken Tacos

SERVES: 4

PREP TIME: 30 MIN

COOK TIME: 1 HOUR



Ingredients

- 2 (12 to 16 oz) bone-in chicken breasts
- ½ cup taco seasoning
- ½ cup grated cheddar or cotija cheese based on preference
- ½ cup sour cream
- ½ head of purple cabbage, shredded
- 8 flour or corn tortillas based on preference
- 2 cans refried beans
- Tortilla chips for serving
- Salsa for serving

Preparation

1. Preheat water bath to 140°F.
2. Lay two chicken breasts on a cutting board and pat dry, cut into strips, removing bones and skin. Season each side with taco seasoning and place into a sous vide zipper cooking pouch. Once at temperature, seal each vacuum pouch with a Vesta Vac 'n Sea and place in water bath. Set timer and cook for one hour.
3. While chicken is heating, prep taco toppings (refried beans, cheese, salsa and cabbage).
4. When the hour is complete, remove chicken from bag and shred or chop into bite size pieces and assemble tacos.
5. Serve with chips and salsa as desired.