

Pollo Mechado Shredded Chicken

Oscar · 29/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

4

Description

Serve this traditional Venezuelan recipe with arepas

Ingredients

- - 1 ¼ pounds skinless
- boneless chicken breasts - 1 tablespoon olive oil - ½ onion
- chopped - 1 red bell pepper
- chopped - 4 cloves garlic
- chopped - ¼ cup cooking sherry - 1 tablespoon capers - salt to taste - 1 roma (plum) tomato
- chopped - ¼ cup chopped fresh cilantro

Instructions

1. Bring a pot of water to a boil; add chicken and cook until no longer pink in the center
2. 20 to 25 minutes. Transfer chicken to a work surface and cool until easily handled. Heat olive oil in a skillet over medium heat; cook and stir onion for about 3 minutes. Add red bell pepper; cook and stir until onion and pepper are softened
3. about 10 minutes. Add garlic; cook and stir until fragrant
4. about 1 minute. Cover skillet and cook onion mixture until slightly browned
5. 5 to 10 minutes. Shred chicken using your hands and sprinkle into the onion mixture. Add sherry and capers; season with salt. Cook and stir chicken mixture until heated through and flavors have blended
6. 10 to 15 minutes. Mix cilantro and tomatoes into chicken mixture; cook and stir until tomatoes start to break down
7. 5 to 10 minutes.