

BC GRILLED HONEY CHIPOTLE CHICKEN TACOS WITH BC CORN SALSA AND AVOCADO CREMA



Yields:

6 - 8 Servings

INGREDIENTS

For Honey Chipotle Chicken:

2 lb	Boneless, Skinless Chicken Thighs	900 g
¼ cup	Canola Oil	60 ml
⅓ cup	Fresh Cilantro	80 ml
⅓ cup	Honey	80 ml
1 tbsp	Dried Oregano	15 ml
1 tsp	Ground Cumin	5 ml
2 tsp	Smoked Paprika	10 ml
	Juice of 2 Limes	
3	Chipotle Peppers in Adobo Sauce	
	Salt, to taste	

For BC Corn Salsa:

3 ears	Fresh BC Corn, kernels removed
2	Bell Peppers, finely diced
1 bunch	Fresh Cilantro, chopped
	Juice of 2 Limes
1-2	Jalapeños, finely minced
	Salt and Pepper, to taste

For Avocado Crema:

2 cups	Sour Cream	473 ml
2	Avocados, ripe	
½-1	Jalapeños, chopped	
	Juice of 2 Limes	
	Salt and Pepper, to taste	



DIRECTIONS

Step 1: Marinate the Chicken

1. Place the chicken thighs in a large bowl or resealable bag.
2. In a blender or food processor, combine the canola oil, cilantro, honey, oregano, cumin, smoked paprika, lime juice, and chipotle peppers. Blend until smooth.
3. Reserve $\frac{1}{3}$ cup of the sauce for basting while grilling.
4. Pour the remaining marinade over the chicken and coat well.
5. Cover and refrigerate **for at least 1 hour**, or overnight for the best flavour.

Step 2: Make the Corn Salsa

1. Cut the corn kernels off the cobs and place them in a large bowl.
2. Add the diced bell peppers, cilantro, lime juice, and jalapeños.
3. Season with salt and pepper and mix well.
4. Refrigerate for at least 1 hour (or overnight) to allow the flavours to develop.

Step 3: Make the Avocado Crema

1. Add the sour cream, avocados, jalapeño, lime juice, salt, and pepper to a blender or food processor.
2. Blend until smooth and creamy.
3. Taste and adjust the seasoning if needed.
4. Cover and refrigerate until ready to serve.

Step 4: Grill the Chicken

1. Preheat the grill to medium-high heat.
2. Grill the chicken for 3–4 minutes on the first side.
3. Flip the chicken and brush with the reserved marinade.
4. Continue grilling until the internal temperature reaches 74°C (165°F).
5. Season lightly with salt.
6. Transfer the chicken to a platter and let it rest for 10–15 minutes.
7. Slice into strips.

To Assemble the Tacos:

Fill warm tortillas with:

- Grilled Honey Chipotle Chicken
- BC Corn Salsa
- Avocado Crema