

# Chicken Fajitas

From The Larissa Monologues at <https://blog.larissamarks.com/>

Prep time: 10 minutes

Yield: 6-8 servings

## Ingredients

- 2 pounds skinless, boneless chicken thighs
- Salt
- 2 tablespoons canola, safflower, peanut or grapeseed oil (a high smoke point oil)
- 1 large onion, sliced lengthwise (root to tip) into 1/4-inch strips
- 2 bell peppers of various colors, sliced into 1/4-inch strips

### *Marinade*

- 3 tablespoons lime juice
- 4 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 jalapeno, seeded and minced
- 1/4 cup chopped cilantro

### *Extras*

- Sour cream
- Salsa
- Sliced avocado
- Flour tortillas
- Shredded cheese

## Directions

Mix all the marinade ingredients together in a glass or plastic container. Add the chicken. Mix well, cover, and let marinate for up to 8 hours in the fridge.

Heat a large cast iron skillet on high heat. Add a tablespoon of oil to the pan. Remove chicken from marinade and salt on both sides. As soon as the oil begins to smoke, lay the chicken pieces flat on the pan in one layer. You may have to sear the chicken in a few batches. Let the chicken cook for 3-4 minutes, until you have a good sear. Once

seared on one side, flip chicken and cook for another 3-4 minutes. Cook until the internal temperature of the chicken reaches 160 degrees.

Remove the chicken from the pan, stack, and cover with aluminum foil to rest.

Add another tablespoon to the pan. As soon as the oil is hot, add the onions and peppers to the pan. Use a spatula to scrape up any browned bits of chicken, and stir to coat the onions and peppers in the oil and browned bits. Spread vegetables in an even layer on the pan. Let them cook undisturbed for about 2 minutes, allowing them to sear. Stir, and let cook for another 2 minutes.

Slice the chicken, and serve immediately with cooked onions and peppers, sour cream, salsa, avocado, warm tortillas, and shredded cheese.