Pulled Chipotle Chicken
Serves 2

2 large or 4 small chicken thighs with bone and skin
Small tin chopped tomatoes
1 clove garlic
2 tsp soft brown sugar
1 tsp fresh or ½ tsp dried oregano
½ - 1 tsp chilli powder
½ tsp ground cumin
pinch of ground cinnamon
pinch of ground allspice
1 tsp chipotle sauce

1. Trim any excess chicken skin and fat. Put the chicken skin side down into a cold pan and turn the heat to medium. Allow the chicken to fry skin side down for about 15 mins to colour and render the fat out of the skin. When the chicken is a good brown colour, turn and cook on the other side for a few minutes.
2. Put the chopped tomatoes, garlic, sugar, oregano, chilli powder, cumin, cinnamon, allspice and chipotle sauce into jug and blitz with a hand blender until smooth.
3. Pour off any excesss fat fromr the chicken and pour over the sauce. Reduce the heat to low, put a lid on the pan and cook very slowly for 30 minutes. The sauce will reduce as the chicken cooks, but don't let it dry out completely.
4. Once time is up, you can remove the chicken skin or leave it in the pan. Use two forks to shred the chicken into what's left of the sauce, remove and discard the bones.
5. Keep warm in the pot until ready to use, then pile into a serving dish to serve.