1 hour Serves 6 Share Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email Ingredients • 4 chicken breast fillets

- 2 cloves garlic, crushed
- 3 Tbsp (45ml) avocado oil
- Grated peel and juice (60ml) of 1 lemon
- Salt and milled pepper
- 5 avocados, halved

For dressing:

- ¹/₄ cup (60ml) olive oil
- 3 Tbsp (45ml) lemon juice
- 2 tsp (10ml) honey
- 1 tsp (5ml) paprika

For salsa:

- 1 cup (250ml) corn kernels
- ¹/₄ red onion, finely diced
- $\frac{1}{2}$ green pepper, finely diced

For serving:

- A handful each fresh coriander and mint
- ¹/₂ cup (125ml) sour cream

Method:

1. Flatten chicken breast fillets with a meat mallet to about 1cm thick.



- 2. Toss chicken, garlic, avocado oil, grated peel and lemon juice.
- 3. Marinate for 30 minutes.
- 4. For dressing, combine all ingredients. Season and set aside.
- 5. For salsa, toss all ingredients together. Season and set aside.
- 6. Heat a griddle pan and cook chicken a few minutes per side until blackened.
- 7. Place avocados, cut-side down, in the pan and chargrill for about 2-3 minutes or until grill marks appear.
- 8. Peel skins off avo and arrange on a serving platter.
- 9. Drizzle with dressing and top with salsa and a handful each coriander and mint.
- 10. Tear chicken into medium-sized pieces.
- 11. Serve salad with chicken and dollops of sour cream.

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