

1 hour

Serves 6

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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:

- ¼ cup (60ml) olive oil
- 3 Tbsp (45ml) lemon juice
- 2 tsp (10ml) honey
- 1 tsp (5ml) paprika

For salsa:

- 1 cup (250ml) corn kernels
- ¼ red onion, finely diced
- ½ green pepper, finely diced

For serving:

- A handful each fresh coriander and mint
- ½ cup (125ml) sour cream

Method:

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

COOK'S NOTE

Firmer avos soften when grilled and absorb the dressing flavours better.

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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