

THE KITCHEN

CHICKEN & BACON STUFFED AVOCADO

SHOPPING LIST

3 COOKED CHICKEN
BREASTS

4 STRIPS OF BACON

1 JALEPENO

4 TBS CORIANDER

1 LIME (JUICED)

1/4 RED ONION

1 TBS DIJON MUSTARD

1 TSP CUMIN

PINCH OF SALT & PEPPER

2 AVOCADOS

1 CUP/250 ML MAYONNAISE
(OPTIONAL)



IN THE KITCHEN

Grill, fry, poach or roast your chicken, the choice is yours. Fry or grill your bacon.

Mix the chicken with the lime juice, mustard, cumin, salt and pepper (mayonnaise if that's the way you roll).

Mix in red onion, jalepeno and coriander.

Mix in your cooked bacon.

Allow to cool in the fridge for as long as possible, overnight if you can. This will intensify the flavour. No time for that? No problem. Just mix it all up and go!

Cut your avocado in two. Take the stone out and stuff it with your chicken mix and enjoy