

# Avocado mash with tomato salsa & BBQ chicken



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**Preparation:** about 35 minutes  
**Cooking:** about 10 minutes  
**Serves:** 4

4 chicken thigh fillets  
1 tbs olive oil  
2 garlic cloves, chopped  
Salt and ground black pepper  
Warmed tortillas, to serve

### Avocado Mash

1 ripe large avocado  
1 tbs lemon or lime juice  
½ cup sour light cream

### Tomato salsa

200g cherry tomatoes, quartered  
2 tbs extra virgin olive oil  
¼ cup coriander or flat-leaf parsley leaves,  
finely chopped

1. Place chicken in a large ceramic dish. Combine oil and garlic in a small bowl and drizzle over chicken. Cover and refrigerate for 15 minutes.
2. Meanwhile, make avocado mash, place avocado and lemon or lime juice in a bowl. Roughly mash with a fork. Stir in sour cream. Season with salt and pepper to taste. Set aside.
3. To make tomato salsa, combine ingredients in a bowl. Season with salt and pepper to taste. Set aside.
4. Preheat a greased barbecue or large non-stick frying pan over medium-high heat. Barbecue or pan-fry chicken for 4-5 minutes on each side until just cooked through. Transfer to a plate. Slice chicken. Serve chicken with avocado mash, tomato salsa and warmed tortillas.



### Avocados

- Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health.
- Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells.



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