

CAJUN CHICKEN WITH AVOCADO, CHILLI AND LIME SALSA



INGREDIENTS:

- 4 small chicken breasts (180g each)
- 1 tbs sweet paprika
- Pinch cayenne pepper
- 1 avocado, cubed
- 2 tbs lime juice
- 1 green chilli, seeds removed, sliced
- 2tbs chives, sliced
- Olive oil spray
- 250g steamed green beans

METHOD:

1. Cut each breast into 3 thin escalopes, then toss in the combined paprika and cayenne to lightly coat. Set aside. Place avocado, lime, chilli and chives in a bowl. Season and stir gently to combine. Set aside
2. Heat a large frypan over high heat and spray with oil. Cook chicken, in 2 batches, for 2 minutes each side until cooked. Stand for 3 minutes, then halve each piece on an angle. Serve chicken on beans and salsa, and drizzle with any resting juices