



CHICKEN AND SALSA BAKE

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 30 mins

Serves: 4



INGREDIENTS

- 2 chicken breasts, cut into strips
- 1 soft avocado
- ½ red capsicum, diced
- ½ green capsicum, diced
- ½ cup coriander, packed
- 1 small onion, diced
- 2 tomatoes, diced
- 1 tsp paprika
- 1 tsp chilli flakes
- 2 tbsp lime juice
- 1 tbsp rice malt syrup
- 1 tsp pink rock salt
- pepper to taste

METHOD

- Preset oven to 180°C (350°F).
- Spray base of casserole dish with oil.
- Lay chicken strips over the base.
- In a bowl, combine avocado, capsicum, coriander, onion, tomato, chilli, paprika, lime juice, rice malt syrup, salt and pepper.
- Spread mixture evenly over chicken pieces.
- Bake in oven for 30 minutes.
- Serve hot with diced roast potatoes.