



 **67%**
HEALTH SCORE

Smashed avocado with crispy chicken, pickled onions & tortillas

 Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



1093 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large avocados very ripe
- 1 juice of lemon
- 8 your favourite flatbreads warmed soft seeded
- 1 small bunch coriander
- 1 large onion red very thinly sliced
- 100 ml red wine vinegar
- 4 tbsp caster sugar

- 4 chicken breasts skinless cut into 3-4 chunky strips
- 284 ml pot buttermilk
- 85 g polenta
- 85 g flour plain
- 1 tbsp sesame seed
- 1 tbsp paprika sweet
- 0.5 tsp cayenne pepper
- 2 pinches ground cinnamon
- 1 tsp garlic salt (or normal salt)
- 4 servings unrefined sunflower oil for shallow-frying

Equipment

- bowl
- frying pan
- wok

Directions

- Mix the chicken strips with the buttermilk and chill for about half a day.
- Mix all the onion ingredients, season with salt and set aside to marinate for at least 30 mins or up to half a day.
- Mix together the polenta or cornmeal, flour, sesame seeds, paprika, cayenne pepper, cinnamon and garlic salt on a plate.
- Heat 2cm sunflower oil in a deep frying pan (or slightly more in a big wok) until a cube of bread browns in 1 min. Lift the chicken from the buttermilk and drop into the flour mix, tossing to coat well.
- Add about 3 chicken strips at a time to the oil and fry, turning, until golden on all sides and just cooked through.
- Drain on kitchen paper while you fry the rest.
- Halve and stone each avocado, scrape out the flesh into a bowl with the lemon juice and some seasoning, and very roughly smash together with the back of a spoon.

Spread over the warm tortillas or flatbreads, top with the crispy chicken, pickled onions and some coriander, and roll up to tuck in.

Nutrition Facts



PROTEIN 28.48% FAT 34.58% CARBS 36.94%

Properties

Glycemic Index:99.9, Glycemic Load:30.83, Inflammation Score:-9, Nutrition Score:51.633913102357%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 1093.33kcal (54.67%), Fat: 42.52g (65.42%), Saturated Fat: 6.77g (42.33%), Carbohydrates: 102.18g (34.06%), Net Carbohydrates: 86.25g (31.36%), Sugar: 16.92g (18.8%), Cholesterol: 190.79mg (63.6%), Sodium: 1246.97mg (54.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.78g (157.57%), Selenium: 134.95µg (192.79%), Vitamin B3: 33.44mg (167.22%), Vitamin B6: 2.75mg (137.3%), Manganese: 2.09mg (104.69%), Phosphorus: 916.51mg (91.65%), Vitamin E: 9.71mg (64.71%), Fiber: 15.93g (63.73%), Vitamin B5: 6.07mg (60.67%), Zinc: 8.2mg (54.69%), Potassium: 1912.13mg (54.63%), Vitamin B1: 0.81mg (53.91%), Magnesium: 203.25mg (50.81%), Folate: 185.06µg (46.27%), Iron: 7.87mg (43.74%), Vitamin B2: 0.71mg (41.65%), Copper: 0.76mg (37.89%), Vitamin B12: 1.95µg (32.5%), Vitamin K: 32.44µg (30.9%), Vitamin A: 1307.73IU (26.15%), Vitamin C: 18.57mg (22.51%), Calcium: 91.87mg (9.19%), Vitamin D: 0.3µg (1.98%)