



Crispy BBQ Chicken with Avocado Salsa

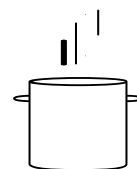
Summer time means al fresco dining and this sun-kissed dish is a winner for all BBQs and garden parties this season!

This recipe is full of flavour and will make a great addition to your next summer garden party, yet simple to make whether it's in the oven or on the BBQ. Chicken breasts are full of protein and low in carbohydrates and fat. Avocados are full of nutrients including fibre, potassium, vitamin E, B vitamins and folic acid.

You can leave the avocado pip in the salsa to keep the avocado from browning and take it out just before you serve.



30



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4

Ingredients

500g chicken breast, cut into 3 inch strips

60g The Groovy Food Company Organic Coconut Flour

harissa, (generous helping)

½ tsp garlic granules (to taste)

¼ tsp. chilli flakes

black pepper

For the BBQ Sauce:

Directions

Pre-heat the oven to 400°F, gas mark 6, 200°C (180°C fan-assisted).

Pre-line baking tray with parchment paper or baking paper.

To make the salsa:

1. Roughly mash the avocado with the juice of 1 lime, add the tomato, Agave Nectar, chilli flakes, sea salt, black pepper and mix together.
2. Check for seasoning then add your chopped coriander and lightly combine.

1 shallot, finely chopped

1 tbsp The Groovy Food Company Organic Coconut Oil

2 garlic cloves, crushed

6 tbsp. tomato puree

1 tsp. cider vinegar

2 tsp. dijon mustard

4 tbsp. water

3 tbsp. The Groovy Food Company Light Amber & Mild Agave Nectar

1 tsp. tamari sauce, (gluten free)

sea salt

black pepper

For the Avocado Salsa:

3 avocados, roughly mashed

2 salad tomatoes, deseeded and chopped

1 handful coriander, finely chopped

1 tbsp. The Groovy Food Company Light Amber & Mild Agave Nectar

juice of 1 lime

¼ tsp. chili flakes

sea salt

black pepper

To make the chicken:

1. Combine the coconut flour with the harissa, garlic granules, chilli flakes and black pepper in a large mixing bowl.
2. Dip the chicken strips into the seasoned coconut flour and place on the pre-lined baking tray.
3. Place the tray in the oven and bake for 14 minutes, turning over half way through.
4. Whilst the chicken strips are in the oven, make the BBQ sauce.

To make the BBQ sauce

1. Add the coconut oil to a frying pan with the shallot and sauté over a medium/high heat until soft and translucent.
2. Add the crushed garlic cloves to the shallot, with sea salt, black pepper and tomato puree and mix it in together.
3. Add the vinegar, Dijon mustard and water and continue stirring.
4. Add the agave nectar and tamari sauce and stir for a 2-3 minutes, then take off the heat and set aside to cool.
5. Take the chicken out of the oven and dip each piece into the cooled BBQ sauce. You can leave it to marinate until you need it, or put it on the BBQ straight away, cooking for 3 minutes on each side, to your liking.
6. Serve your chicken on a platter with a bowl of your avocado salsa on the side.