



I have missed eating salad (never thought I'd say that in a million years) and I wanted to do something a little different other than serving a salad with the final dish, so instead it's the serving implement instead!

### INGREDIENTS FOR 1 SERVING

<p><b>Nutrition</b> Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 440      Protein 47.1 g Carbs 25.8 g      Fat 18.5 g Sugar 8.7 g      Sat Fat 7.8 g Fibre 10.2 g      Sodium 0.2 g</p> <p>Breakdown of calories per serving</p>	180g	Chicken breast, cut into fillet size pieces
	45g	Onion, chopped
	50g	Peppers, sliced
	1 tsp	Thai 7 spice seasoning
	6g	Coconut oil
	1	Garlic clove, crushed or chopped
	half	Chilli, sliced
	10g	Fresh coriander, chopped
	70g	Avocado
	30g	Reduced fat sour cream
	half	Lime, juice only
	149g	Baby gem lettuce
		Salt & Pepper

## METHOD

- Peel your avocado and mash it with a fork in a bowl – it needs to be really ripe.
- When it's mashed with a few lumps left in just to make the texture interesting add the crushed garlic, chopped chilli and a squeeze of lime.
- Give everything a good mix and set it aside to marinate.
- Take a medium frying pan and pop it onto the heat.
- Add the oil and chicken.
- Start to brown the chicken and after a few minutes add the peppers and onion.
- Sprinkle over the Thai 7 spice seasoning and give the ingredients a good stir to coat them with the spices.
- When you're happy that the chicken is cooked (it will be firm to the touch), take the pan off the heat and sprinkle the coriander over the chicken.
- Arrange your baby gem lettuce leaves onto a plate and spoon the chicken mixture onto the lettuce.
- Serve with your guacamole and sour cream.

You may need a bib as this could get messy!

## NOTES

- If you can't get hold of a baby gem lettuce, a romaine lettuce or chicory would work just as well!
- Feel free to change the oil to vegetable if you don't like coconut oil.
- Reduced fat creme fraiche works just as well too if you find it hard to get hold of the reduced fat sour cream.