

Chicken Breast with Avocado and Potato Puree



Easy
Serves 2

Low Fat
Prep 10 mins

Low Cal
Cook 30mins

Ingredients

2 chicken breasts
2 avocados
4 medium size potatoes
1 tbsp olive oil
1 glass of white wine

Peel the potatoes, wash and steam or boil for 30 mins

Halve the avocados, take off the skin and remove the core. Put in a blender with the juice of 1 lemon. Mash the boiled potatoes and add to the mixture.

Fry the chicken breast in a frying pan on a very high heat. Transfer to an oven dish and glaze the pan with a glass of white wine, then pour the glaze over the chicken and cook in the oven for 25 -30 mins.