

Chicken, Crispy Hasselback Potato & Avocado Salsa



Serves 4 Prep 5 mins

Cooking 1h

Easy

Ingredients

4 skinless chicken breast fillets
2 small avocados
60g cherry tomatoes
1 red onion, small (optional)
1/2 lime
20g parsley,
olive oil
1 tsp paprika
1 pinch black pepper

Hasselback potatoes

4 medium-sized floury potatoes
(Maris Piper/ King Edward)
2 tbsp vegetable oil
a few rosemary sprigs

1. Preheat oven to 200°C (180°C fan) Gas mark 6
2. Wash the potatoes thoroughly and put a skewer through the bottom half or you can clamp each potato between the handles of 2 wooden spoons & cut through to the handles. A sharp knife will help make slices a few millimetres apart. This will prevent the potato being cut through.. Put the potatoes cut-side up on a shallow baking tray and drizzle over the oil. Rub the oil in with your hands to coat well, getting some in between the slices, toss in the rosemary and some seasoning. Roast for 40-45 mins, basting with oil halfway through, until the potatoes are tender and crisp on top.
3. Mix 2 tbsp. of olive oil, 1 tsp of salt & 2 tsp paprika and use this to marinate the chicken breasts. Heat some oil in a non-stick pan & fry the breasts ± five mins each side or until cooked through.
4. Peel and finely chop the onion and finely slice the cherry tomatoes. Cut the avocado in half, remove the stone, then use a spoon to carefully remove the flesh and finely dice. Mix everything together with some olive oil and season to taste with the juice of a lime along with salt and pepper.
5. Rinse and roughly chop the parsley and add this to the salsa.
6. Dish the chicken breast up with the hasselback potatoes and the avocado salsa onto a plate, garnish with more parsley and serve.