

# Chicken with Orange & Avocado Salsa



**Serves 4    Prep 10 mins**

**Cooking 10 mins**

**Easy**

## **Ingredients**

2 tsp olive oil  
4 skinless chicken breasts, cut in half on the diagonal  
zest and juice of 1 lime  
1 avocado  
2 oranges  
3 spring onions, finely sliced  
1 tbsp chopped basil

1. Heat the oil in a hot non-stick frying pan, season the chicken and fry for 10 mins, turning once. Add the lime juice for the final minute of cooking
2. Meanwhile, halve the avocado and remove the stone. Peel away the skin and use a small knife to cut the flesh into small chunks. Tip into a bowl.
3. Cut away the pith and skin of the oranges, cut out the segments, then add to the avocado with the remaining ingredients. Toss together gently, then serve alongside the chicken.

