

# Crispy Chicken & Smashed Avocado Baps



**Serves 4**

**Prep 30 mins**

**Cooking 10 mins**

**Easy**

## **Ingredients**

2 large skinless chicken breasts  
100g plain flour  
1 egg, beaten  
splash of milk  
3 tbsp ground almonds  
1 tbsp sesame seeds  
3 tbsp vegetable or rapeseed oil  
2 small avocados, stoned, peeled and halved  
1/2 lime, juiced  
4 baps or rolls, split  
1 Little Gem lettuce, leaves separated

1. Put the chicken on a board and cover with a sheet of baking parchment. Bash with a rolling pin to an even thickness, then cut both breasts in half diagonally.
2. Put the flour on a plate. Season. Combine the egg and milk in a wide, shallow bowl. Dust the chicken in the flour, shake off the excess, then dunk into the egg mix. Add the almonds and sesame seeds to any remaining flour on the plate and coat the chicken in the mixture.
3. Heat half the oil in a large frying pan over a medium heat and fry the chicken for 4-5 mins on each side until crisp and golden, adding the rest of the oil when you turn the pieces over. Cut into the thickest part of one of the pieces to check it's cooked through, then leave to cool for 5 mins.
4. Scoop the avocado flesh into a bowl with the lime juice and a pinch of salt, then mash. Spread over the baps, top with the lettuce, then the chicken. Cut in half.