

Lime & Chicken Sandwich & Greek Yoghurt Guacamole



Serves 1 Prep 5 mins + 30 mins marinating Cooking 10 mins Easy

Ingredients

olive oil
1 lime, juiced and zested
parsley, small bunch, chopped
1 chicken breast
1/2 ripe avocado
1 tbsp fat-free Greek yoghurt
1 bread roll, toasted to serve
lettuce and tomato slices, to serve

1. Blitz 1 tbsp oil, half the lime juice and half the parsley with all the lime zest in a small blender, then season. Pour this over the chicken and leave it to marinate for 2-30 mins.
2. Mash the remaining parsley and lime juice with the avocado. Add the yoghurt and season. Heat a griddle pan until very hot, wipe the excess marinade off the chicken and cook for 4 mins each side or until cooked through.
3. Pile the guacamole into the bun, top with the chicken and add the lettuce and tomato