

Smashed Chicken with Corn Slaw



Serves 4 Prep 10 mins

Cooking 5 mins

Easy

Ingredients

For the chicken

4 skinless chicken breast fillets
1 lime, zested & juiced
2 tbsp yoghurt
1 tsp fresh thyme leaves
1/4 tsp turmeric
2 tbsp finely chopped parsley
1 tsp oil

For the slaw

1 small avocado
1 lime, zested & juiced
1 tbsp yoghurt
2 tbsp finely chopped parsley
160g corn, cut from 2 cobs
1 red pepper, deseeded & chopped
1/2 red onion, finely sliced
320g white cabbage, finely sliced
150g new potatoes, boiled, to serve

1. Cut the chicken breast in half, then put them between 2 sheets of baking parchment or cling film & bash with a rolling pin or small pan, to flatten. Mix the lime zest & juice with the yoghurt, thyme, turmeric & parsley in a large bowl. Add the chicken and stir until well coated. Leave to marinate while you make the slaw.
2. Mash the avocado with the lime juice & zest, 2 tbsp of yoghurt and the parsley. Stir in the corn, red pepper, onion and cabbage.
3. Heat a large non-stick frying pan or griddle pan, then cook the chicken in batches for a few minutes each side - they'll cook quickly as they're thin. Serve half the hot chicken with the slaw and all the new potatoes. Chill the rest of the chicken and slaw for lunch the next day.