

Zingy Chicken and Avocado Buns



Serves 4 Prep 15 mins

Cooking 15 mins

Easy

Ingredients

- 1 perfectly ripe large avocado, roughly chopped ($\pm$ 150g prepared weight)
- 1 unwaxed lime, zest and juice
- 1 tbsp mayonnaise
- $\frac{1}{2}$ tsp sea salt flakes
- 2 salad onions, finely chopped
- 1 fresh jalapeño chilli (or green chilli), deseeded and finely chopped (optional)
- 1 handful/s coriander or parsley leaves, roughly chopped
- 200g cooked, shredded chicken
- 4 brioche burger buns
- $\frac{1}{2}$ x 80g pack watercress or other leaves

1. Put the chopped avocado in a large bowl. Roughly mash with the back of a fork, then stir in the lime zest and juice, mayonnaise and salt until combined. Add the salad onions, and parsley or coriander, then mix in the chicken, until everything is well combined. Taste, adding more lime juice and salt as needed.
2. Halve the burger buns and lightly toast if liked. Pile the filling into the buns, then top each with a small handful of watercress. Tuck in straight away.
3. Cook's tip Jalapeño chillies These mild green chillies are great sliced into rings to scatter over nachos or a hearty salad. You can also quick-pickle them in cider vinegar with a little honey and salt to serve in tacos or over avocado on toast.