

Avocado Chicken Salad

4 skinless, boneless chicken thighs
2 scallions — trimmed and chopped (dark green, light green and white parts)
1/2 of a medium red bell pepper — finely chopped
1/4 cup chopped cilantro leaves
1/2 lime — juiced
1 avocado — halved, pit removed, sliced
1 tablespoon mayonnaise
Salt & Pepper

Place the thighs in a pot with salted water and cook for about 30 minutes, until completely cooked through. Cool down and shred into a bowl. Don't shred it too small.

Add the scallions, bell pepper, cilantro, lime juice, avocado, mayonnaise and salt and pepper.

Mash the avocado with the mayo and then mix with the rest of the ingredients. Taste for salt and adjust if necessary. If the chicken salad is too dry, add more avocado and mayo.

Serve this chicken salad as a sandwich with bread or in an arepa or in a lettuce wrap or stuffed inside an avocado or large tomato.

Enjoy!

©TheFrugalChef2021