



## *SPEEDY CHICKEN AND SPICY GUACAMOLE TACOS*



1 serving



15 minutes

### INGREDIENTS

- ½ ripe avocado
- 1 teaspoon honey
- 1 spring onion (scallion), diced, plus extra to serve
- 3 jalapeños (from a jar), diced, plus 1 teaspoon brine from the jar
- 1 tablespoon chopped parsley
- 3 corn tacos
- 80g (2¾oz) cooked chicken breast, shredded
- 15g (½oz) feta cheese, crumbled
- Salt
- For the pickled onions
- 3 red onions, sliced into strips
- White wine vinegar (enough to submerge the onions)
- 1 tablespoon caster (superfine) sugar
- 1 lime, cut into wedges, to serve (optional)

### DIRECTIONS

1. For the pickled onions, add the red onion strips to a pan and pour in enough vinegar to completely submerge the onions. Add the sugar and gently heat to just before simmering, then take off the heat. Allow to cool slightly before use. Store any leftovers in a sealed jar or airtight container in the refrigerator for up to a month, for future use.
2. In a bowl, mash the avocado and combine with the honey, spring onion, diced jalapeños and the brine, and the parsley. Season with salt to taste.
3. Warm the tacos in a hot, dry frying pan on both sides.
4. Begin by spreading the avocado mixture over each taco. Add the chicken, the feta, some (drained) pickled onions and some extra spring onion and lime wedges to finish. Serve immediately.

*Under 450kcal, 20g protein*