



Australian Avocados

SOUTHS RED AND GREEN ROCKETS

Serves: 6 people

Prep Time: 20min

Cook Time: 15min

INGREDIENTS:

200g of chicken breast, cut into cubes

12 cherry tomatoes

2 avocados, pip and skin removed, cut in cubes

4tbsp of olive oil

1tsp of sea salt

1tsp of pepper

1tsp of chilli flakes (optional)

12 skewers

METHOD:

Place all the ingredients in a bowl and mix lightly.

Thread each skewer with chicken cube, avo and tomato. Repeat process until the skewer is full.

Place on a hot grill / BBQ and cook for 15 mins or until cooked through.

Serve with a salad on the side.

