



## Chicken Avocado Casserole\*

Serving: 1

Non Veg

### *Ingredients*

- -1 Boneless Chicken Thighs ( 100 grams approx)
- -1 Avocado
- -1 green or red bell Pepper
- -2 tbsp Sour/fresh Cream
- -3 tbsp Cheddar Cheese
- -1 Tbsp hot sauce / periperi sauce
- -Salt and Pepper to taste

### *Preparation Method*

- -Preheat oven to 350
- -Start by cooking the chicken thighs
- -Peel avocados, cut in half, and slice into thin strips-
- -Grease a baking dish and line the bottom with avocado slices
- -Cut the peppers into strips and pan fry until caramelized
- -Add the chicken into a large bowl and flake apart
- -Spoon mixture over the avocado slices
- -Bake for 10-12 minutes