

Chicken Fingers & Avocado Dip with Greens & Grape Tomatoes



35 minutes | 2 servings

Find cookware

[baking sheet pan](#)
[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[salad spinner \(optional\)](#)
[whisk or fork](#)

Grab ingredients

1	avocado
½ lb	chicken breasts, boneless skinless
1	egg
1 clove	garlic
1 pint	grape tomatoes
1	lime
¼ cup	shredded unsweetened coconut
½ (5 oz) pkg	spring mix (mixed greens)
	almond meal/flour
	black pepper
	extra virgin olive oil
	garlic powder
	paprika
	salt

Cook & enjoy

- 1 Preheat the oven to 425°F and position rack in the centre. Line a baking sheet with parchment paper.
- 2 Whisk the egg in a small bowl.
1 egg
- 3 In a medium bowl, mix together the almond meal, shredded coconut, garlic powder, paprika, salt, and pepper.
½ cup almond meal/flour
¼ cup shredded unsweetened coconut
½ tsp garlic powder
½ tsp paprika
¼ tsp salt
¼ tsp black pepper
- 4 Cut the chicken into strips.
½ lb chicken breasts, boneless skinless
- 5 Dip the chicken strips into the egg, then transfer to the dry mixture and turn to coat. Shake off excess and place on the baking sheet. Drizzle with olive oil.
½ tbsp extra virgin olive oil
- 6 Place in the oven and bake until the crust is golden brown and the chicken is cooked through, 15-20 minutes.
- 7 Halve and pit the avocado; cut the flesh into cubes while still in the skin and scoop out with a spoon into a small bowl.
1 avocado

- 8 Peel and mince the garlic. Add the garlic, lime juice, salt, and pepper to the avocado. Mash with a fork until very smooth.
 - 1 clove garlic
 - juice of 1 lime
 - ¼ tsp salt
 - ¼ tsp black pepper
- 9 Wash the mixed greens and tomatoes.
 - ½ (5 oz) pkg spring mix (mixed greens)
 - 1 pint grape tomatoes
- 10 To serve, place chicken strips on a plate and arrange greens and tomatoes on the side. Drizzle the greens with a little olive oil. Serve with avocado dip and enjoy!
 - ½ tbsp extra virgin olive oil