

French American Chicken & Avocado Sandwich



Preparation Time:
Under 15 mns
(+ Chicken cooking time)

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INGREDIENTS FOR 4 SERVINGS

For the chicken:

2 chicken breasts
2 oz. water
2 oz. olive oil
Salt, pepper

For the sandwiches:

2 slices of bread – your choice of bread –
Mayonnaise (homemade or store bought)
2 slices of cooked chicken / sandwich (½ chicken breast)
½ avocado, sliced
Large leaf of lettuce
Blueberry jam (can be blackberry or blackcurrant)

Wash the chicken breasts, place them in a dish, add water, drizzle with olive oil, add salt and pepper, cover with a sheet of aluminum foil, and cook for approximately 55 minutes at 350 degrees, or until the temperature of the meat has reached 165 degrees. Let cool down, slice some of the meat (½ chicken breast per serving, less if they are large), and soak in the chicken juice. Wait until the meat is totally cold. Spread some mayonnaise on two slices of bread, then some blueberry jam. Add the slices of chicken, the avocado, and the lettuce.

For more details on this recipe, please watch the video provided for your convenience.