

Baked Corn Flake Chicken Breast, Avocado & Mango Salsa



Serves 4 Prep 40 mins

Cooking 40 mins

Easy

Ingredients

2 chicken breasts
1 tbsp of sesame seeds
1 egg
1 tsp of Dijon mustard
1 mango
1 avocado
1 tbsp of olive oil
80 g of corn flakes or dried breadcrumbs
1 tsp of Worcestershire sauce
1 spray of cooking oil spray

1. Preheat the oven to 200°C Gas Mark 6 & spray the cooking oil on a baking tray.
2. Place the corn flakes in a plastic bag & crush or blitz them, then place on a plate & sprinkle with sesame seeds, season & toss together.
3. In a separate bowl large enough to hold 2 chicken breasts, beat the egg. Add the Worcestershire sauce, Dijon mustard & season.
4. Coat each chicken breasts in the egg mixture & put them into the corn flakes, coat both sides & place on the baking tray.
5. Cook in the pre heated oven for 40 mins, 20 mins each side.
6. **Make the avocado salsa:** halve the avocados, remove the stone, peel away the skin, cut the flesh into 1cm dice & place in a large bowl.
7. Peel the mango & cut both sides close to the pip, then into 1 cm cubes & add to the same bowl as the avocado.
8. Gently stir the ingredients together as you want to keep the shape of the avocado.
9. Remove the chicken breast from the oven and rest for 5 mins before cutting.
10. Serve with rocket or other leaves, & a drizzle of olive oil.