

KETO GRILLED CHICKEN WITH AVOCADO SALSA

Prep time: 10 minutes
Cook time: 5-6 minutes
Serves 2-4 people



INGREDIENTS

1 1/2 pounds boneless skinless chicken breasts
or 4 chicken breasts

FOR MARINADE

2 garlic cloves finely minced

3 tablespoons olive oil

1/4 cup chopped cilantro

juice of 1 lime

1/2 teaspoon cumin

1/2 teaspoon paprika

1/2 teaspoon salt or to taste

1/4 teaspoon black pepper

FOR AVOCADO SALSA

2 avocados diced

1 large or 2 small tomatoes, chopped

1/4 cup red onion, chopped

1 jalapeno de-seeded and chopped (optional)

1/4 cup cilantro, finely chopped

Juice of 1 lime

fresh cracked pepper and salt to taste

INSTRUCTIONS

1. In a large bowl, whisk all the ingredients for the marinade and set aside
2. Pound the breasts into an even thickness, or create evenly sized breasts by slicing in half horizontally
3. Add the chicken to the bowl of marinade. Mix through until the chicken is fully coated. Use right away if needed or marinate for 30-minutes, or up to 12 hours
4. Grill chicken over a medium heat for 5-6 minutes per side.
5. While the chicken is grilling, combine all the ingredients for the salsa in a small bowl
6. Once the chicken is cooked through and the outside is charred, remove from grill, top with fresh avocado salsa and serve immediately

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