

RECIPES | CUCUMBERS



CUCUMBER AVOCADO CHICKEN

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CUCUMBER AVOCADO CHICKEN

Recipe created by *Elizabeth Jordan-Flight*



25 min

10 min
PREP.

15 min
COOKING



2



easy

INGREDIENTS

For the salad:

- 1 lb** bag Pure Flavor® Mini Cucumbers, halved and sliced
- ½ pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- 1** large avocado, cut into **½"** pieces
- ½ cup** cilantro, chopped
- 1** garlic clove, crushed
- 1** lime, juice
- Salt and pepper, to taste

For the chicken:

- 2** large chicken breasts
- 1** lime, zest
- 1-2 tbsp** olive oil
- ½ tsp** salt
- ½ tsp** chipotle powder
- ½ tsp** onion powder
- ½ tsp** garlic powder
- ¼ tsp** paprika

DIRECTIONS

- 1** In a medium bowl, combine cucumbers, tomatoes, avocado, garlic, chopped cilantro and lime juice. Carefully toss to combine. Add salt and pepper to taste. Set aside.
- 2** In a small bowl, combine lime zest, salt, chipotle powder, onion powder, garlic powder and paprika. Sprinkle the mixture on both sides of the chicken breasts, covering as evenly as possible.
- 3** Add 1-2 tbsp of olive oil to a skillet over medium-high heat until hot and shimmering. Gently place the chicken in the pan. Cook for 5-7 minutes, undisturbed, then flip and cook for an additional 5-7 minutes. Remove from the skillet and allow to rest for at least 5 minutes. Serve the chicken topped with the cucumber and avocado salad.