



# Chicken & Avocado Wholegrain Crostini

by Chef Mel Dean

## SERVINGS

4

## PREP TIME

15 minutes

## COOKING TIME

10 minutes

## INGREDIENTS

### For the crostini

Wholegrain baguette\*, 6 slices

Olive oil\*, 2 light mist sprays

Medium avocado, 2

Lemon juice, 1 tablespoon

Black pepper, pinch

Lower-sodium salt\*, pinch

### For the chicken

Boneless skinless chicken fillet,  
200g (diced)

Garlic, 2 cloves (minced)

Lower-sodium light soy sauce\*, 1 teaspoon

Lemon juice, 1 teaspoon

Olive oil\*, 1 tablespoon

Black pepper, pinch

### To garnish

Fresh basil, 2 tablespoons (finely chopped)

Red chili, 1 piece (seeded, thinly sliced)

Toasted sesame seeds, 2 teaspoons

## METHODS

1. Preheat oven to 170 degrees Celsius. Arrange baguette slices on tray and mist lightly with olive oil spray. Bake for 6–8 minutes until crisp.
2. In a bowl, mash avocado with lemon juice, black pepper and a light pinch of lower-sodium salt. Set aside.
3. Heat olive oil in a non-stick pan over medium-low heat. Add garlic and sauté until fragrant. Add chicken and cook for 5–7 minutes or until fully cooked through.
4. Season chicken with lower-sodium soy sauce, lemon juice and black pepper. Remove from heat and allow to cool slightly.
5. Spread avocado mixture evenly over each crostini. Top with cooked chicken pieces.
6. Garnish with fresh basil, chili and optional toasted sesame seeds before serving.