

Fresh for Kids

Tex mex guacamole & chicken schnitzel



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Serves: 4 kids
Preparation: 10 minutes
Cooking: 6 minutes

1 large ripe avocado
1/4 cup light sour cream
2 tbs fresh lemon juice
1 tbs sweet chilli sauce (optional)
ground black pepper



500g crumbed chicken schnitzels
vegetable oil, for frying
125g cherry or grape tomatoes, quartered
100g corn chips, to serve

1. Peel, halve, remove seed and roughly chop avocado. Place avocado flesh, sour cream, lemon juice, sweet chilli sauce, if using, and pepper to taste into a medium bowl. Mix until combined then mash until smooth. Set aside.
2. Heat oil (about 1cm in depth) in a medium frying pan over medium heat until hot. Add schnitzels and cook for 3–4 minutes on each side or until golden and cooked through. Remove and drain on paper towel.
3. Slice schnitzels into thin strips. Arrange corn chips, sliced schnitzels, tomatoes and guacamole on serving plates and serve.

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