



## Smashed Avocado, Basil & Chicken



### Great Because...

Avocado is a weaning staple and is given in lots of different ways and forms a base for a number of baby led weaning meal ideas and snacks. This recipe is super simple and is packed full of taste and goodness.

Prepare in... 20 mins

Cooks in... 20 mins

Serves... 4

### Ingredients

- 1/2 a ripe avocado
- 2 sprigs of basil
- 50g of cooked chicken

### How To Make

To make this tasty and easy meal, you need to firstly peel, destone and roughly chop the avocado and place in a bowl, then mash. Pick the basil leaves and tear into small pieces, then shred the chicken into small pieces and add to the bowl. Mix together and add a little splash of olive oil and serve to your baby for a quick and easy summer meal!

