

Stuffed Avocado Puck



Ingredients

- 3 avocados
- 12 chicken wings
- ½ tomato diced (about 125 ml)
- ½ green pepper diced (about 75 ml)
- ¼ chopped red onion (about 75 ml)
- 150 ml canned black beans, well rinsed
- Twenty coriander leaves
- The juice of half a lime
- A few drops of hot sauce
- Salt and pepper
- 180 ml sour cream
- 6 slices of cooked bacon, chopped
- 6 coriander leaves

Serves 6

Preparation

1. Cook the chicken wings, let them cool down and remove the flesh from the bones.
2. Cut avocados in halves and remove the flesh without damaging the skin. Keep avocado peels on the side.
3. Cut avocados flesh into small cubes.
4. In a bowl, place the avocado cubes, the flesh of chicken

Credit

Bob le Chef

