



Chicken tournedos with polenta and avocado salad



40 minutes



10 persons



Ingrediënten

- 1.5 kg Chicken tournedos
- 5 avocados
- 600 g tomatoes
- 150 g red onion
- 1 lemon
- Dash of olive oil
- 1/8 bunch coriander
- 300 g polenta
- 1.2 l vegetable stock
- Knob of butter
- Pepper & salt

Bereiding

Prepare the Chicken Tournedos according to the instructions on the packet.

Cut the avocados in 2, remove the stones and the flesh.

Cut the flesh into brunoise pieces and add the lemon juice (to prevent discolouration).

Cut the central core out of the tomatoes and cut into coarse brunoise pieces with the seeds.

Cut the red onion into brunoise pieces and mix the tomatoes, avocado and de red onion. Add a dash of olive oil and fresh coriander and season with pepper and salt.

Boil the vegetable stock and add the polenta. Stir with a beater and add the butter.

Season with pepper and salt.

Serve. (Mix in the polenta just before serving).

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