



Chicken Avocado Arepas

GLUTEN FREE

Ingredients:

For the Arepas:

- 2 cups of **Juana®** corn meal
- 2 ¼ cups of water
- 1 teaspoon of salt

For the Filling:

- 14 ounces of chicken breast, cooked and shredded
- 2 garlic cloves, chopped
- ½ cup of red onion, chopped
- 2 ripe avocados
- 3 tablespoons of mayonnaise
- 1 tablespoon of olive oil
- 1 tablespoon of lime juice
- Salt and pepper to taste

Preparation:

For the Arepa:

1. Measure the water and pour it into a bowl. Add the salt and stir until dissolved.
2. Gradually add **Juana®** corn meal while stirring to combine with the water.
3. Once all the flour is incorporated, knead the dough for 2 to 3 minutes until it becomes very soft. Cover and let it rest for 5 minutes.
4. Divide the dough into 10 portions of approximately 3 ounces each. Using your hands, shape each portion into a ball and gently flatten to form arepas about 4 inches in diameter and 1 inch thick.
5. Cook the arepas on a griddle over medium-high heat for 5 minutes on each side, or until golden and cooked through. Cover with a cloth napkin to keep warm.

For the filling:

1. In a bowl, mash the avocado with a fork and add garlic, onion, olive oil, lime juice and mayonnaise.
2. Mix and season with salt and pepper to taste.
3. Add shredded chicken and mix. Rectify salt and pepper.
4. Slice arepas horizontally halfway and fill arepas with chicken mix.

Makes: 10 servings