



Grilled Avocado Stuffed with Mango Chicken

The First Bite That Hooked Me

The smoky scent of grilled avocados hit me first. Then came the sweet-tangy mango salsa, cooling the spicy chicken. My friend served this at a backyard party last summer. One bite, and I begged for the recipe.

Ever wondered how you could turn grilled avocado into something unforgettable? The creamy, charred avocado pairs perfectly with juicy mango and zesty lime. It's a flavor dance you'll crave. Try it—your taste buds will thank you.

My Messy (But Delicious) First Try

I burned the first avocado half. The grill was too hot, and I got

distracted. But the salvageable bits? Magic. The smoky paprika clung to the chicken, and the mango salsa saved the day. **Cooking flops teach patience—and sometimes lead to happy accidents.** Home cooking isn't about perfection. It's about savoring the process. Share your kitchen mishaps below—did a mistake ever surprise you?

Why This Combo Works

- Creamy avocado meets crunchy red onion for texture heaven. - Smoky paprika and sweet mango balance like old friends. **Which flavor combo surprises you most?** Is it the lime zest with cilantro or the jalapeño's gentle kick? Vote in the comments. This dish proves simple ingredients can shine. Every bite feels fresh and bold.

A Dish With Roots

This recipe blends Mexican and Caribbean flavors. Avocados hail from Mexico, while mango salsa nods to tropical coasts. *Did you know grilled avocados became trendy in California in the 2010s?* Street vendors stuffed them with everything from shrimp to quinoa. Today, they're a global favorite. What's your twist on this classic? Share your version below.

See also Chipotle Chicken Burrito Bowl Delight



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Ingredients:

Ingredient	Amount	Notes
Garlic	1 clove	grated or finely minced
Lime juice	1/2 tablespoon	
Cumin	1/8 teaspoon	
Smoked paprika	1/8 teaspoon	
Cooked chicken	1/2 cup	shredded or cubed
Avocados	2 large	
Olive oil	1 tablespoon	
Mango	2 cups	chopped (and drained if jarred)
Red onion	1/2 cup	minced
Roasted red pepper	2 tablespoons	minced
Lime juice	1 tablespoon	
Cilantro	1 teaspoon	finely minced
Lime zest	1/2 teaspoon	
Fresh jalapeno	As needed	sliced, optional
Fresh cilantro	As needed	leaves only, optional
Fresh lime juice	As needed	optional

Grilled Avocado Magic

Step 1 Mix garlic, lime juice, cumin, and paprika in a bowl. Toss with chicken until coated. Set aside. Chicken works hot or cold. (Hard-learned tip: Use room-temp chicken for even flavor blending.) **Step 2** Cut avocados in half, remove pits. Brush with olive oil. Grill cut-side down for 2-3 minutes. Watch for char marks. *Fun fact: Grilling avocados boosts their creamy texture.* **Step 3** Stir mango, red onion,

roasted pepper, lime juice, cilantro, and zest for salsa. Spoon over grilled avocados. Top with chicken. **What's your go-to salsa add-in? Share below!** **Cook Time:** 10 minutes **Total Time:** 20 minutes **Yield:** 4 servings **Category:** Lunch, Appetizer

Twist It Up

Shrimp Swap Replace chicken with grilled shrimp for a seafood twist. Add a pinch of chili flakes for heat. **Veggie Delight** Skip meat, use black beans and corn. Top with crumbled queso fresco for extra flavor. **Breakfast Style** Fill avocados with scrambled eggs and salsa. Drizzle with hot sauce for a morning kick. **Which spin would you try first? Vote in the comments!**

Serving Smarts

Pair with crispy tortilla chips or a simple green salad. Garnish with extra cilantro and jalapeño slices.

See also [Simple Sourdough Dinner Roll Recipe](#)
Drink match: Iced hibiscus tea (non-alcoholic) or a light Mexican lager (alcoholic). Both balance the richness. **Which would you choose tonight? Tell us below!**



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Storing and Reheating Tips

Keep leftover stuffed avocados in the fridge for up to 2 days. Wrap them tight to avoid browning. The mango salsa stays fresh separately for 3 days. Freezing? Not ideal—avocados turn mushy. Reheat chicken in a pan, but grill avocados fresh each time. *Fun fact: A squeeze of lime slows avocado browning.* Want to batch-cook? Prep the chicken and salsa ahead, then assemble when ready. Who else loves make-ahead hacks?

Quick Fixes for Common Hiccups

Avocados too soft? Grill them cut-side up—less direct heat keeps them firm. Salsa too watery? Drain jarred mango well or pat fresh chunks dry. Chicken dry? Toss it with extra lime juice before stuffing. Why this matters: Small tweaks make big flavor wins. Ever had a grill mishap? Share your save-the-dish stories below!

Your Questions, Answered

Q: Can I make this gluten-free? A: Yes! All ingredients are naturally gluten-free. Just check spice labels for hidden additives. **Q: How far ahead can I prep?** A: Chicken and salsa keep 3 days. Grill avocados last-minute for best texture. **Q: Any swaps for mango?** A: Try pineapple or peaches. Sweet-tart balance is key. **Q: Can I double the recipe?** A: Absolutely. Use two grill racks to fit more avocados. **Q: No grill? No problem?** A: A broiler works—watch closely to avoid burning. Why this matters: Flexibility means more tasty meals. Which swap will you try first?

Let's Keep the Conversation Going

Thanks for cooking with me! Tag **@SavoryDiscovery** on Pinterest with your creations. Did you add a twist? I'd love to hear. Happy cooking!
—Elowen Thorn.

See also Creamy Street Corn Chicken Enchiladas

You need to try !



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Grilled Avocado Stuffed with Mango Chicken | 11

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Author: Elowen Thorn

Cooking Method:[Grilling](#)



Grilled Avocado Stuffed with Mango Chicken | 14

Cuisine:[Mexican Fusion](#)



Grilled Avocado Stuffed with Mango Chicken | 15

Courses: [Lunch Main](#)

Difficulty: **Beginner**

Prep time: **15 minutes**

Cook time: **10 minutes**

Rest time:



Grilled Avocado Stuffed with Mango Chicken | 20

Total time: **25 minutes**

Servings: 2 servings



Grilled Avocado Stuffed with Mango Chicken | 22

Calories: **350 kcal**

Best Season: **Summer**

Description

Experience the delightful contrast of textures and flavors with this

Grilled Avocado Stuffed with Mango Chicken, featuring creamy avocado, savory chicken, and sweet mango salsa.

Ingredients

- ▢ 1 clove garlic (, grated or finely minced)
- ▢ 1/2 tablespoon lime juice
- ▢ 1/8 teaspoon cumin
- ▢ 1/8 teaspoon smoked paprika
- ▢ 1/2 cup cooked chicken (, shredded or cubed)
- ▢ 2 large avocados
- ▢ 1 tablespoon olive oil
- ▢ 2 cups mango (, chopped (and drained if jarred))
- ▢ 1/2 cup red onion (, minced)
- ▢ 2 tablespoons roasted red pepper (, minced)
- ▢ 1 tablespoon lime juice
- ▢ 1 teaspoon cilantro (, finely minced)
- ▢ 1/2 teaspoon lime zest
- ▢ fresh jalapeno (, sliced, optional)
- ▢ fresh cilantro (, leaves only, optional)
- ▢ fresh lime juice (, optional)

Instructions

1. Grilled Avocados:
2. In a medium bowl, whisk together the garlic, lime juice, cumin and paprika. Toss with the cooked chicken until fully coated, then set aside. Chicken can be hot or cold.
3. Cut the avocados in half, removing the pit. Brush each side with the olive oil.
4. Heat the grill on medium-high. Place cut side directly on the grate

and allow to cook for 2-3 minutes or until char marks form and avocados are hot. This can vary from grill to grill.

5. Mango Salsa:
6. In a small bowl, stir together the mango, red onion, roasted red pepper, lime juice, cilantro and lime zest.
7. Top each avocado half with chicken mixture and mango salsa and other toppings you desire.
8. If you've tried this recipe, come back and let us know how it was in the comments or ratings section.

Notes

For added flavor, top with extra lime juice, jalapeno slices, or fresh cilantro leaves.

Keywords:Avocado, Mango, Chicken, Grilled, Lunch