

Avocado, almond & smoked chicken salad



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Preparation about 25 mins Serves: 4

Ingredients:

- 1 x 1 kg smoked chicken
- 3 celery sticks, thinly sliced diagonally
- 4 green onions (shallots), sliced diagonally
- 1/2 cup roasted almonds
- 2 medium just-ripe avocados
- 1/3 cup lemon juice
- 1/3 cup extra virgin olive oil
- salt and ground black pepper
- crusty whole grain or rye bread, to serve

Method:

1. Remove and discard smoked chicken skin. Shed flesh and place into a large bowl. Discard bones.
2. Add celery, green onions and almonds to smoked chicken and gently toss to combine.
3. Halve avocados, peel and remove seeds. Slice avocados crossways into 1cm-thick slices. Brush with 2 tsp lemon juice (to prevent discolouration). Add avocados to chicken mixture.
4. Drizzle smoked chicken salad with oil and remaining 2¹/₂ tbs lemon juice. Season with salt and pepper to taste. Gently toss to combine and serve with crusty whole grain or rye bread.



Celery:

- A source of vitamin C, one of the vitamins that helps protect the body against infection.
- Provides potassium, which is useful to provide a positive balance to the negative effects of sodium from salt.