

Avocado, celery & smoked chicken salad



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Ingredients:

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

Method:

1. Remove and discard smoked chicken skin. Shred chicken 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 and remove skin and seeds. Roughly chop and brush with 2 tsp lemon juice to prevent browning. Add avocados to chicken mixture.
4. Drizzle salad with remaining lemon juice and oil. Season with salt and pepper to taste. Gently toss to combine and serve with crusty bread.

Serves: 4

Preparation: 25 minutes

Health benefits:

Avocados

Avocados are an excellent source of folate and vitamin C. High in healthy monounsaturated fat, avocados also contain vitamin E, which is a powerful antioxidant.



Supplying quality fresh fruit & vegetables



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