

Avocado, herb & chicken finger sandwiches



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Preparation 30 mins | Serves 15

These finger sandwiches are perfect for afternoon tea and special celebrations. For ease, use the flesh from a barbecued chicken.

- 3 cups shredded cooked chicken
- 1 stick celery, finely diced
- $\frac{1}{3}$ cup flat-leaf parsley, finely chopped
- $\frac{1}{4}$ cup dill, finely chopped
- 1 tbs lemon juice
- $\frac{1}{3}$ cup whole egg mayonnaise
- $\frac{1}{4}$ cup Greek-style yoghurt
- 1 ripe avocado, peeled and halved
- 10 slices sourdough or wholemeal bread

STEP 1 Combine chicken, celery, parsley, dill, 3 tsps lemon juice, mayonnaise and yoghurt in a bowl. Season with salt and pepper. Mix to combine.

STEP 2 Place avocado in a small bowl. Add remaining 1 tsp lemon juice and season with salt and pepper. Mash with a fork until smooth.

STEP 3 Place bread onto a large board. Lightly spread with avocado. Spoon chicken mixture onto 5 slices. Top with remaining bread. Using a sharp knife, remove crusts, and cut each sandwich into 3 fingers. Arrange on a serving platter and serve.

Good for you... AVOCADO

The richest source of vitamin E among fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy condition.

