

Avocado, mâche & smoked chicken salad



Avocado, mâche & smoked chicken salad

Preparation: about 25 minutes

Serves: 4

- 1kg whole smoked chicken
- 3 celery sticks, thinly sliced diagonally
- 4 green onions (shallots), trimmed and thinly sliced
- ½ cup whole almonds
- 50g mâche* salad leaves
- 2 medium just-ripe avocados, halved lengthways, peeled and chopped
- ⅓ cup lemon juice
- ⅓ cup extra virgin olive oil
- Salt and ground black pepper

**Mâche is a tender leafy salad green that's sometimes sold as lamb's lettuce. You can replace it with baby salad leaves.*

1. Shred smoked chicken flesh, discarding skin and bones. Place chicken into a large bowl. Add celery, green onions, almonds, mâche salad leaves and avocados. Gently toss to combine. Arrange in serving bowls or on a serving platter
2. To make dressing, combine lemon juice, extra virgin olive oil and salt and pepper in a screw-top jar. Shake until well combined. Drizzle dressing over salad and serve.



Avocado

- Avocados contain fat, but it's 'good' unsaturated fat that contains some essential fatty acids needed for healthy membranes around all body cells.
- 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.
- A good source of vitamin B6. This vitamin has many functions, one of which is to help the body use the energy from proteins, fats and carbohydrates