
FRESH CHICKEN AND AVOCADO SALAD
RECIPE

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COOK TIME 10 mins
PREP TIME 30 mins
SERVES 6 x

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INGREDIENTS

- 3 chicken breasts
- 3 handfuls wild rocket
- 1 sliced avocado
- 1 jar (220 g) MasterFoods™ Tartare Sauce
- 2 Tbsp lemon juice
- 1/2 cup (75 g) sliced onions
- 2 Tbsp capers
- 2 Tbsp parsley sprigs

METHOD

1. Steam chicken breasts whole and allow to cool.
2. On a platter lay down the wild rocket.
3. Slice the chicken into serving slices and lay out on the platter. Top with avocado slices.
4. Mix MasterFoods™ Tartare Sauce with lemon juice and drizzle over the salad.
5. Complete the dish with onions, capers and parsley sprigs.

Source URL: <https://www.masterfoods.co.nz/Recipes/fresh-chicken-and-avocado-salad>