



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

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