






CHICKEN AVOCADO SALAD

 5 minutes
 10 minutes
 4 portions

INGREDIENTS

- 500 grams of cooked bbq chicken, shredded
- 1 avocado
- 1 celery stalk, chopped
- 1/2 capsicum (green or red)
- Juice from 1 lime
- 1/3 cup red onion
- 1 tsp of onion powder
- 1 tsp of garlic powder
- 3 tbsps of plain Greek yoghurt or 3 tbsps of yoghurt, Coconut, Dairy Free (50 g)

COOKING METHOD

- 1° Mix together the avocado and yogurt first in a large bowl. Then fold/mix in the rest of the ingredients until thick and chunky. Enjoy on a bed of mixed greens or with whole wheat bread or pita with lettuce and tomato.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (232 g)	% DRI
ENERGY	137 kcal	317 kcal	16 %
FAT	7 g	16 g	25 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	20 %
CHOLESTEROL	52 mg	120 mg	40 %
SODIUM	195 mg	454 mg	19 %
CARBOHYDRATE	4 g	9 g	3 %
SUGARS	1 g	2 g	—
FIBER	2 g	4 g	15 %
PROTEIN	16 g	36 g	—