



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts (optional)

Prep time: 10 mins

Cook time: 10 mins

Serves: 4-6

INGREDIENTS

- 50g mixed lettuce leaves
- 1 medium mango, peeled, seeded and diced
- 1/2 avocado, peeled, deseeded and diced
- 1/2 red onion, finely diced
- 2 tbsp olive oil
- 1/2 large chicken breast
- 2 tsp smoked paprika
- 1/2 cup toasted macadamias

METHOD

- Heat oil in pan.
- Sprinkle chicken breast with smoked paprika (save a little to serve), and fry in medium hot pan with oil.
- Remove from heat, and shred.
- In a large bowl, combine lettuce, avocado, mango and onion and mix well.
- Add shredded chicken and stir through.
- Place into serving dish.
- Combine dressing ingredients and drizzle over salad.
- Sprinkle with remaining paprika and scatter with macadamias (optional)

CHICKEN, MANGO AND AVOCADO SALAD



DRESSING

- 2 tbsp olive oil
- 1 tbsp vinegar
- pinch salt