

SMOKED CHICKEN & AVOCADO SALAD

Serves 1 – Fresh, healthy lunch option



Ingredients

1 **Smoked Chicken Breast**

1 **tsp Olive oil**

1/2 **Small avocado - diced**

1 **tsp Red wine vinegar**

1 **tbsp Flat-leaf parsley, roughly chopped**

1 **Medium tomato - chopped**

1/2 **Small red onion - thinly sliced**

Thickly slice the **Smoked Chicken Breast** and mix together with the salad ingredients. Season and add the **oil**.