

Chicken & Avocado Salad



Prep 20 minutes
Cook 10 minutes
Serves 4-6

300g roasted or cooked chicken, or 300g smoked chicken breasts

120g baby spinach or rocket leaves

2 large just-ripe avocados, sliced

250g cherry tomatoes, halved

1 cup corn kernels, either sliced off a cooked cob or thawed from frozen

¼ cup roasted pine nuts

Optional: ¼ red onion, very finely sliced

Basil Dressing

¼ cup **Essential Cuisine**

Basil Pesto

3 tbsp lemon juice

Salt and freshly ground black pepper

Chicken and Avocado Salad

Pick up a ready-roasted chicken at the deli or the supermarket for a super quick summer salad.

To prepare salad: Remove skin and bones from the chicken and shred into bite-sized pieces, discarding any fat. Place the chicken to one side while you prepare the rest of the salad ingredients.

To prepare the basil dressing: Mix the *Essential Cuisine Basil Pesto* with the lemon juice and season to taste with salt and pepper. Put the spinach leaves into a large bowl and toss with half the dressing. Add the chicken, avocados, tomatoes and corn and toss gently through the spinach leaves.

To serve, garnish with roasted pine nuts and optional red onion.

Roasted Pine Nuts

Preheat oven to 180°C. Spread the pine nuts in a single layer and bake until lightly golden, 10-12 minutes.

