

Peach Chicken and Avocado Salad

Serves: 1
Prep time: 10 Minutes
Cooking time: Nil

Ingredients:

Dressing

- 1 teaspoon light E.V. O.O.****see note below**
- 1 teaspoon white (balsamic) vinegar
- 1 teaspoon lime juice
- ½ teaspoon sliced red chilli
- ½ teaspoon Dijon mustard
- Pinch salt and peper

Salad

- 1 cup loosely packed rocket/baby spinach mix
- ½ cup shredded cooked chicken
- 1 slice prosciutto, torn
- ½ peach, cut into cubes ****see note below**
- 1 tablespoon crumbled goats cheese
- ½ avocado, cut into chunks
- 1 green shallot, sliced
- 3 cherry tomatoes, halved

Method:

- Combine the dressing ingredients in a large bowl
- Add the salad ingredients to the dressing and lightly toss to dress the salad
- Arrange on a serving plate
- **Serve and Enjoy!**
- **Note:** You can substitute the peach with any stone fruit you like
- **E.V.O.O. = Extra virgin olive oil**



*I love the season of stone fruit,
when added to a salad it just lifts
the flavours*