



# Creamy Avocado Chicken and Cabbage Salad

Serves: 1

Prep time: 8 Minutes

Cooking time: 1-2 minutes

## Ingredients:

- ½ avocado, mashed
- 1 tablespoon extra virgin olive oil
- 1 tablespoon lime juice
- 1 green shallot, sliced
- 1 cup green cabbage, finely shredded
- ¾ cup cooked chicken, shredded
- 1 tablespoon chopped parsley
- 1 tablespoon chopped fresh tarragon or mint **\*see note**
- salt and peper
- 1 tablespoon pine nuts or pumpkin seeds, toasted **\*see note**



*Creamy Crunchy and Healthy*

## Method:

- Make the dressing in a small bowl by combining the avocado, oil and lime juice
- In a medium bowl add chicken, cabbage, herbs, salt and pepper, toss to combine
- Add the dressing and stir to coat evenly
- Arrange on a serving plate or bowl
- Sprinkle the pine nuts or pumpkin seeds over the top
- **Serve and Enjoy!**

## Note:

- Toast the pine nuts or pumpkin seeds by dry frying in a small frying pan over medium heat 1-2 minutes
- You can add any herbs you like to this lovely salad
- I freeze cooked chicken in 1 cup amounts. Keeps for up to 6 months when sealed properly
- **Always seal and date food in freezer**