



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CHICKEN SALAD

Time: 10 minutes

Serves: 2

Ingredients:

200g roasted chicken - diced
75g avocado mayonnaise
25g shallots - finely chopped
25g celery - finely chopped
25g walnuts - chopped
1 pinch fresh ground black pepper
10g hot sauce (optional)

Preparation:

Place all ingredients in a bowl and toss to evenly distribute.

Serve immediately or refrigerate.

Nutritional Information Per Serving:

Calories: 518
Fat: 41g
Carbs: 4g
Fibre: 1g
Protein: 33g