

# Chicken & Avocado Sandwich



**Serves 1**

**Prep 5 mins**

**Cooking 10 mins**

**Easy**

## Ingredients

1 free-range chicken breast, skin on (± 180g) cut into 5 slices at an angle  
2 tbsp olive oil  
juice of 1 lemon  
salt & pepper  
1 ripe avocado  
1 shallot, peeled & diced (optional)  
1 slice wholemeal pain de campagne, toasted  
handful of salad leaves

1. Mix the sliced chicken with the olive oil and half the lemon juice. Heat a small frying pan, season the chicken pieces and fry them for 3-4 minutes on each side.
2. While this is cooking, skin, halve and stone the avocado. Cut one half into 4. Squash the other half on a small bowl with the shallot and the remaining lemon juice. Season the purée to taste and spread across the slice of toasted pain de campagne.
3. Top with the salad leaves, chicken breast and sliced avocado; give a good grind of pepper and serve.