

Open Rye Sandwich with Chicken & Avocado



Serves 2

Prep 5 - 10 mins

No cook

Ingredients

1 avocado (you can use pureed peas instead)
half a lime
1/2 a small red onion
a few cherry tomatoes
1 tbsp olive oil
salt & pepper
1 beef tomato, sliced
cooked chicken breast, sliced (can be shop bought)
2 slices of rye bread (toasted)
2 tbsp finely chopped parsley

1. Make the guacamole: chop the red onion finely. Chop the cherry tomatoes finely. De-stone the avocado and sprinkle with the lime juice. Chop the avocado and mix with the onion and the cherry tomatoes. Add the olive oil and if necessary, more lime juice.
2. You can toast the rye bread before spreading it with the guacamole. Divide the slices of tomato over the two bread slices and top with the slices of chicken breast. Finish with another squeeze of lime and some ground black pepper and some finely chopped parsley.