

CHICKEN SANDWICH

Serves 4

Ingredients

2 chicken breasts, cut crosswise in half and pounded

1 tsp of salt

1 tsp black pepper

1 tbsp of crushed garlic

Range of fresh herbs (eg. parsley, chives)

1 avocado

1/4 cup of plain greek yoghurt

1 tbsp of honey

2 tsp of lemon juice

2 tsp of white wine vinegar

4 sesame rolls

A few handfuls of spinach leaves

Method

Preheat oven to 200 degrees.

Lay chicken breasts on a baking tray and sprinkle both sides with salt and pepper. Bake in oven for about 15 minutes or until cooked through.

In the mean time, add garlic, herbs, avocado, yoghurt, honey, lemon juice and vinegar to a blender. Blend until combined.

Toast the rolls and then make the sandwich by adding a layer of spinach, chicken and then avocado sauce.