

Chicken, Grape & Avocado Stack



A healthy meal alternative with all the flavour you'll ever need!

Ingredients

200 g seedless red grapes, cut in half

3 ripe avocados

500 g thinly sliced smoked chicken

2/3 cup toasted pinenuts

Method:

1. Scoop the flesh from the avocados and slice.
2. Inside a 1 cup capacity timbale mold, layer half the 4 ingredients; avocado, smoked chicken, grapes and pinenuts. Then repeat.
3. Gently place two fingers (index and middle) from one hand on the stack, and with your other

hand, gently remove the timbale mold.