

Artichoke, Chicken & Mango Salad with Lime Mustard Dressing



R & J Mazza
GLOBE ARTICHOKES

Ingredients

150g cooked roast chicken, shredded or chopped,
120g artichoke hearts, sliced,
Lettuce leaves,
1 small capsicum, cut into thin strips,
1 mango, peeled and cubed
1 cucumber, peeled and sliced

Dressing

2 tablespoons olive oil,
1 teaspoon mayonnaise,
Juice from 1 lime,
½ teaspoon wholegrain mustard,
Salt & cracked pepper to taste,



How to Prepare

1. Place rocket lettuce on a platter. Arrange the remaining ingredients on top of rocket lettuce
2. Place dressing ingredients in a bowl and mix well. Pour over salad mixture.
3. Sprinkle with hazelnuts.

Serves 6

