

Mango and Avocado Salad

1 cos or butternut lettuce

2 fresh mango, cut sides off, and then cut each side semi circle end into 3 slithers

1 avocado cut into slithers

1 cooked chicken breast hand shredded

½ punnet of cherry tomatoes cut into halves

1-2 tbsp of whole egg mayonnaise

Wash lettuce leave and pat dry with a clean tea towel. If using cos lettuce remove the lower parts of the inner stem. Place lettuce leaves in the salad bowl. Prepare mango's, avocado, chicken, cherry's and add to bowl. Then add mayonnaise and gently mix the mayonnaise and ingredients though with your hands.

I recommend to check the ingredients of brought mayonnaise, some of them are very high in sugar, especially the ones that promote them self as low fat, which I recommend to steer clear from. A good mayonnaise will be naturally high in fat, which is fine in small amounts as oppose to refined sugar, which there is an overconsumption of in our society and much more of a problem.