

Pulled Chicken Dijon Maple Sammie

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 pieces of Stonemill Naturally Fermented Sourdough Rye Bread, Toasted
- Half an avocado, mashed
- 2 tbsp grainy dijon mustard
- 4 tbsp extra-virgin olive oil
- 1-2 tbsp dark maple syrup
- 1/2 tsp garlic powder
- Half a large apple, grated
- 1 carrot, grated
- 1/4 of a purple cabbage, shredded
- Handful sprouts (broccoli, radish or sunflower sprouts)
- Sea salt to taste
- 1/2 cup roasted chicken or grilled chicken

Instructions:

1. Prepare slaw. Using a box grater shred the apple, carrot and purple cabbage or place all ingredients into a small food processor to shred.
2. To make the dressing, whisk together dijon, olive oil, maple syrup and garlic powder in a bowl. If using a food processor, add the dressing ingredients to the chopped ingredients and blitz together. Set aside.
3. Mash avocado onto one side of toasted bread.
4. Place spoonfuls of slaw on to the other piece of toasted bread.
5. Top with pulled chicken and sprouts. Enjoy!

Notes:

Serves 1