



Guac & Roll

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This is a great breakfast or lunch addition to the menu, leave the chicken out for a vegetarian option.

Traffic light category: Green Serves: 6 rolls

Ingredients

- 2 avocados
- 1 lime, juiced
- ½ teaspoon salt
- 1 small red onion, diced
- 2 tomatoes, seeded and diced
- 1 clove, garlic, minced
- 6 crispy bread rolls
- 3 hard boiled eggs, sliced
- 240g sliced/chopped cooked chicken
- 1 cos or iceberg lettuce, washed and shredded, approx. 3 cups

Method

1. Cut avocado in half, remove seed and scoop out flesh, place in a large bowl
2. Mash avocado with a fork, add lime juice, stir to combine
3. Add salt, onion, tomato and garlic
4. Slice rolls in half, spread with ¼ cup guacamole, half an egg, 40g of chicken, and ½ cup shredded lettuce
5. Wrap tightly in greaseproof paper to serve.



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