

Sweet & Sour

CHICKEN ROLLS



INGREDIENTS

AVO Sweet & Sour Sauce

Chicken Fillet

Peppers

Spring Onion

Sesame Seeds

Black Onion Seeds



METHOD

1. Start by butterflying your **chicken fillets**.
2. Flatten chicken fillets using a tenderiser or fat basher.
3. Slice **peppers** and **spring onion** and place them in the middle of the flattened chicken fillet and roll up.
4. Place in aluminium foil tray and spoon over **AVO Sweet & Sour Sauce**.
5. Finish with a sprinkle of sliced **spring onion** and **sesame seeds**.



SERVING SUGGESTION

1. Serve with basmati rice.



For allergen information, please refer to the relevant product specification.



OVEN/AIR-FRY



RICE/NOODLES

AVO Sweet & Sour sauce includes bamboo shoots, mung beans, sweet pineapple, tangy grapefruit, exotic papaya, mango and passion fruit which are complemented with brandy vinegar and a fine balance of herbs and spices.

A meaty twist on the classic spring roll.