

# Mexican chicken, black bean and avocado tostado

This meal can be used as a pre-training meal (hot or cold) when using the wraps, or as an evening snack or rest day meal by using the gem lettuce leaves as wraps instead of the tortillas

## Ingredients

- 2 wholemeal tortilla wraps
- 300g chicken
- 400g can black beans, drained and rinsed
- 200g can refried beans
- 2 handfuls cherry tomatoes, quartered
- 50g cheddar
- fajita spice
- 1 green chilli, thinly sliced, optional
- 1 avocado, halved, stoned and sliced
- Iceberg/gem lettuce



## Method

1. Heat the grill to a medium-high temperature
2. Cut the chicken into thin strips and lightly fry in some rapeseed oil until turning golden brown, then sprinkle 1 tbsp. fajita mix over the chicken and stir well.
3. Add the black beans and cherry tomatoes to the pan and stir through, turn the heat down and cook for a few minutes.
4. Put the tortillas onto a large baking sheet, then grill for 1 min each side. Remove from the heat and spread a layer of refried beans on first. Then spread the chicken and bean mixture over the tortilla. Sprinkle with the chilli (optional) and some cheddar and return to the grill for a couple of minutes to melt the cheese. Remove from the heat, scatter some avocado over the top and serve straight away.

If not using tortillas, fill the iceberg lettuce leaves with the ingredients, wrap and serve straight away

