

Chicken tacos with avocado and black bean salsa

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Who doesn't love a healthy Mexican meal? These chicken tacos are a great dinner idea – so simple and so delicious!

Ingredients (serves 4)

For the salsa

- 200 g tin [black beans](#), rinsed, drained
- 200 g tin red beans, rinsed, drained
- 2 tomatoes, peeled, deseeded and finely diced
- 1–2 chilli peppers, finely chopped
- 1 onion, diced
- 2 tbsp freshly chopped [coriander](#)
- 4–5 tbsp [olive oil](#)
- Pinch of sugar
- 1–2 tsp lime juice
- Sea salt and freshly ground pepper

For the tacos

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- 4 [chicken](#) breast fillets, approx.
- 120 g each
- 2 tsp tandoori spice mix
- 8-12 small tortillas
- 2 spring onions, sliced on the diagonal
- 1 [avocado](#), cut into narrow wedges
- 1 handful coriander, leaves picked
- 100 g sour cream

Method

In a bowl, crush beans lightly with a fork. Add tomatoes, chillies, onion, chopped coriander and 2 to 3

tbsp oil. Mix well and season to taste with a pinch of sugar, lime juice, salt and ground black pepper.

Season the chicken with salt and tandoori spices and grill all over, on an oiled grill or barbecue, for around 10 minutes.

Heat the tortillas briefly on the grill. Cut the chicken into strips and arrange on the tortillas with a little of the salsa. Top with the spring onions, avocado and coriander, and garnish with a dollop of sour cream. Fold and serve with the remaining salsa on the side.

Recipe and images from [Avocados Australia](#)

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