

Tacos with grilled chicken, bean salsa and avocado

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Summer is almost here and what better time to try these deliciously healthy taco treats.

Serves 4

Ingredients

Salsa

- 200 g black beans, tin, rinsed and well drained
- 200 g red beans, tin, rinsed and well drained
- 2 tomatoes, finely diced
- 1-2 chilli peppers, finely chopped
- 1 onion, diced
- 2 tbsp freshly chopped coriander
- 2 tbsp olive oil
- Sugar, to taste
- 1-2 tsp lime juice
- Salt and pepper, to taste

Tacos

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- 4 chicken breast fillets, around 120 g each
- 2 tsp tandoori or Mexican spice mix
- 8 small tortillas
- 2 spring onions, sliced on the diagonal
- 1 avocado, cut into narrow wedges
- 1 handful coriander, leaves picked
- 100 g sour cream

In a bowl, crush the beans lightly with a fork. Add the tomatoes, chillies, onion, chopped coriander and oil.

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

Season the chicken with salt and spice mix and grill all over, on an oiled grill or barbeque, for around 10 minutes. Set aside while you 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 up and serve with the remaining salsa on the side.

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