

Chicken & Black Bean Nachos



SERVES 2

Ingredients

1 chicken breast
1 cup black beans – soaked overnight
2 knobs garlic minced
1 onion chopped
1 tomato chopped
1 tsp paprika
½ tsp oregano
1 chili chopped (optional)
Salt and pepper

Avocado salsa
2 avocado's smashed
2 tomatoes chopped
½ red onion
Juice ½ lime
¼ cup fresh coriander chopped
Salt/pepper

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Instructions

Cook chicken on sandwich press lid down for 2 minutes or until cooked (or pan fry) then shred. In a pan add garlic, onion, chili, oregano, paprika and cook until sautéed. Add in pre-soaked black beans, tomato and water and simmer on low heat for 10 minutes.

Avocado salsa – in a bowl smash the avocado, add tomato, onion, lime juice, coriander and salt and pepper and give a good mix.

Assemble – layer the following – a scoop of beans, more chicken, then add avocado salsa and top with yoghurt and coriander.

Serve with mountain bread chips – cut bread into triangles and spray with oil. Bake in the oven for 5-10 minutes on 180 degrees.

