



CHICKEN & BLACK BEAN CHILLI

with CHARRED CORN & GREEN SALSA

SERVES

4

INGREDIENTS	METHOD
<p><i>Chicken & Bean Chilli:</i></p> <ul style="list-style-type: none">1 tablespoon olive oil1 small onion, finely diced1 clove garlic, finely chopped1 tablespoon Mexican spice mix1 red capsicum, diced2 cups shredded or diced cooked chicken1 tin chopped tomatoes1 tin black beans, drained <p><i>Charred Corn:</i></p> <ul style="list-style-type: none">1 tin whole kernel corn, drained or fresh kernels cut from 1 cob1 tablespoon olive oilChilli flakes if desired <p><i>Green Salsa:</i></p> <ul style="list-style-type: none">1 avocado, peeled and diced½ cucumber, diced1 spring onion, finely slicedJuice & zest of 1 limeHandful coriander, roughly choppedSea salt & cracked pepper	<p>Serve with Tostitos Rounds Chipotle & Sour Cream tortilla chips, steamed white rice and some chopped coriander.</p> <p>Heat the oil in a large pan then sauté the onion, garlic, Mexican spice and capsicum for 2-3 minutes over a medium heat until soft & fragrant.</p> <p>Stir in the chicken, tinned tomatoes and drained black beans, simmer together for 8-10 minutes until thick and saucy.</p> <p>Heat the olive oil and sauté the corn over a high heat until coloured and starting to caramelise (sprinkle over a little chilli flakes if desired).</p> <p>Combine the diced avocado, cucumber and spring onion then gently toss with the coriander, lime zest and juice. Season to taste.</p> <p>Arrange the Tostitos Rounds tortilla chips and the chicken & black bean chilli into 4 bowls.</p> <p>Serve with white rice on the side, charred corn and a generous spoon of green salsa.</p> <p>TIP: FOR A TASTY VEGETARIAN OPTION TRY SEARED DICED TOFU INSTEAD OF CHICKEN.</p>