

Mexican bean salad



2 bell peppers, (any colour), diced
2 tsps olive oil
1 tsp ghee / olive oil
300g fresh chicken or turkey breast
a small handful of fresh coriander,
stalks and leaves separated
2 garlic cloves, finely chopped
1 small red chilli, finely chopped
160g (drained weight) tinned
cannellini or borlotti beans,
rinsed well
a pinch of salt and pepper
½ tsp paprika
½ tsp chilli powder
½ tsp ground cumin
juice of 1 lime
1 medium sized ripe avocado

SERVES 2



PER SERVING:
477 Calories
28g Carbs
44g Protein
21g Fat

Preheat oven to 180°C/350°F. Place the bell peppers in an oven dish and drizzle over 2 tsps olive oil. Bake for 20 minutes, or until the pepper is soft and the skin starts to peel. Remove from oven and allow to cool. Peel and dice the peppers.

Slice the chicken. Heat the ghee/oil in a frying pan over a medium heat and add the chicken. Cook for 6-8 minutes, stirring occasionally. Ensure that the chicken is thoroughly cooked then remove from pan and set aside.

Finely chop the coriander stalks. Add them to the frying pan along with the garlic and chilli. Fry for 2 minutes, stirring occasionally.

Reduce the heat to low. Add the beans, cooked peppers, salt, pepper, paprika, chilli powder and cumin and stir. Cook gently for 7-8 minutes. Add the chicken and cook for 5 minutes. Transfer the contents of the pan to a serving plate.

Finely chop the coriander leaves. Sprinkle over the Mexican beans. Peel and slice the avocado and arrange the slices over the salad. Squeeze over the lime juice. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

