



Tortillas with chicken, corn and beans meat



Tempo de preparação Rápido

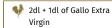
Dificuldade
Fácil

Custo Low

Com quem?
With family

№ de pessoas 4 pessoas

Ingredientes



- 4 tortillas
- 200g of shredded cooked chicken
- 150g of cooked red beans
- 100g of sweet corn
- 100g of mixed lettuces
- 200g of guacamole
- 50g of grated radishes
- For the guacamole:
- 2 avocados
- 50g of onion
- 20g of red chillies
- 1 lime
- 5g of coriander
- 20g of tomatoes
- Salt, to taste
- Pepper, to taste

Modo de preparação

Aodo de preparação	
1	Heat the tortillas in an anti-stick frying pan, about 1 minute on each side.
2	Place on a plate and on top the salad seasoned with Gallo Extra Virgin Olive Oil .
3	Then place the corn, red beans, the chicken, the radishes and a bit of guacamole.
4	Complete with a drizzle of Gallo Extra Virgin Olive Oil.
5	Serve the tortillas open.
6	For the guacamole:
7	Cut the avocados and remove the seed. Using a spoon, remove the avocado pulp and smash it into a bowl.
8	Add the minced onion, the chillies in small pieces, the cubed

tomatoes and chopped parsley. Mix them all together.

9

Add the olive oil and the lime juice, season to taste with salt and pepper and $\mbox{\rm mix}$ well.

Produtos utilizados



Extra Virgin
Extra Virgin Olive Oil



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