



Tortillas with chicken, corn and beans meat



Categoria
Carne



Tempo de preparação
Rápido



Dificuldade
Fácil



Custo
Low



Com quem?
With family



Nº de pessoas
4 pessoas

Ingredientes



2dl + 1dl of Gallo Extra
Virgin

- 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

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 mix well.

Produtos utilizados



Extra Virgin
Extra Virgin Olive Oil



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