

Mexican Chicken & Black Bean Bake

Ingredients – Serves 2

- 2 x Skinless Chicken breasts
- 1/2 teaspoon coconut oil
- 1 avocado
- 1 lime
- 1 red pepper
- 1 tsp ground cumin
- 200g passata
- 240g black beans (drained)
- 2 spring onions
- 2 tsp harrisa paste
- Large handful of fresh coriander



Method:

1. Preheat the oven to 180C / gas mark and boil a kettle.
2. Place the chicken breasts on a baking tray and drizzle with oil and sprinkle with sea salt and black pepper. Place in the oven for 20-25 mins until cooked through.
3. Thinly slice the red pepper and drain the black beans. Thinly slice the spring onions, removing the root ends, keeping the green and white parts separate.
4. Place the red pepper, white spring onion, black beans, passata, 100ml boiling water, ground cumin and harrisa paste in an ovenproof dish. Mix well, season with sea salt and black pepper and bake for 10-15 mins.
5. To make the avocado salsa; peel and de-stone the avocado and cut into small cubes. Roughly chop the coriander leaves. In a bowl mix together the avocado, the green spring onions, half of the coriander leaves and the juice from the lime.

6. Shred the cooked chicken using two forks and place the pulled chicken and the remaining coriander leaves into the red pepper and black bean mix, stir until coated in the sauce. Add a little boiling water to thin the sauce if needed.
7. Spoon the Mexican chicken bake into two warm bowls and top with the avocado salsa.

Recipe for two people, halve the ingredients for one person