



# Casa Mendosa™ Mexican Chicken & Black Bean Wraps


Serves 4 / 35 mins



## INGREDIENTS

- 4 Original Casa Mendosa™ Tortillas
- 1 tbsp. sunflower oil
- 1 onion finely sliced
- 3 garlic cloves, crushed
- 1 tsp. ground cumin
- 1 tsp. smoked paprika
- 1 tsp. dried oregano
- 1 can of black beans
- 4 tomatoes, roughly chopped
- White cheddar, grated
- 4 limes
- Guacamole
- 4 avocados

## DIRECTIONS

 Prep time **15 min** | Cook **20 min** | Ready in **35 min**

- 1** Heat the oil in a frying pan, tip in the onion and fry for 5 minutes or until golden. Stir in the garlic, cumin, paprika and oregano and cook for 2 minutes. Tip in the beans and the chicken and heat through, then stir in the tomatoes and season and keep warm.
- 2** Lay a Casa Mendosa™ tortilla in a non-stick pan, sprinkle with cheese and heat until melted. Top with avocado slices. Slide the wrap onto a board, spoon over a quarter of the chicken filling and roll up tightly. Repeat to make three more wraps.
- 3** Plate and serve on the side with guacamole and lime wedges for squeezing over.