



# Loaded Mexican Bowl

## Ingredients (serves 4)

- 4 chicken thigh fillet, diced
- 1 tbsp. extra-virgin olive oil
- 2 tsp. fajita/taco seasoning
- 80g tasty cheese, grated
- 1 can black beans (400g), drained and rinsed
- 1 can corn kernels (400g), drained and rinsed
- 1 punnet cherry tomatoes, halved
- 1 small Lebanese cucumber, cubed
- 1 small red onion, finely diced
- 1 medium avocado, thinly sliced
- 1 green oak leaf lettuce, shredded
- ½ bunch coriander, leaves removed
- 1 lime, cut into 4 wedges

## Method

1. Heat the oil in a non-stick frying pan. Add the chicken and Mexican seasoning and cook for 4-5 minutes or until the chicken is light golden and cooked through. Set aside.
2. Meanwhile, microwave the black beans for 30 seconds to warm.
3. Arrange the chicken, black beans and the rest of the ingredients on four plates or large bowls. A pinwheel of colour is always a really fun way to present this dish!
4. Finish with a drizzle of lemon juice and a dollop of sour cream.

## Nutrition Info (per serve):

Energy: 2243kJ (536 cal)  
Protein: 41.6g  
Fat: 28.5g (saturated 19.3g)  
Carbohydrate: 23g (sugars 8.7g) – all natural sugars  
Fibre: 11.3g  
Sodium: 372mg  
Calcium 268mg