

Mexican Chicken Salad in Baked Tortilla Bowl



Healthy and filling, this salad bowl is full of fresh ingredients and flavours. Even better when it's served in a fun and easy to make edible tortilla bowl!

Ingredients

- 500 g chicken tenderloin, sliced
- 2 tsp light extra virgin olive oil
- 2 tbsp [Community Co Taco Seasoning](#)
- 1 can of black beans, drained and rinsed (to remove excess salt)
- 1 green capsicum, sliced
- 1 yellow capsicum, sliced
- 1 red capsicum, sliced
- 1 red onion, sliced
- 1 avocado, remove skin and seed
- 2 roma tomatoes, diced
- 1 jalapeno pepper, finely chopped
- 1 bunch coriander, chopped (reserve a few sprigs for garnish)

2 limes, each cut into 4 wedges

2 packet 250g [Community Co Microwave Brown Rice](#)

4 large [Community Co Whole Grain Tortillas](#)

Method:

1. Cook the brown rice according to the packet instructions.
2. Preheat the oven to 150°C, place each tortilla in a heatproof bowl, bake for 10-15min until it's lightly toasted and holds its shape. Cool.
3. In a medium bowl mix the chicken and 1 tsp of oil and taco seasoning together, marinate for a few minutes.
4. Add capsicums and half of the sliced red onion to the marinated chicken.
5. Meanwhile, make the salsa and guacamole.
6. For the salsa, finely chop the other half of the red onion, mix together with jalapeno pepper, roma tomatoes and coriander, season with salt and pepper.
7. In another bowl, mash the avocado with juice of half the lime and stir in $\frac{1}{3}$ cup of the salsa. Season with salt and pepper.
8. Heat up the black beans in a pan over medium heat.
9. Preheat the BBQ, or heat a pan with 1 tsp of oil over medium heat.
10. Grill or pan-fry the chicken, onion and capsicum until it's cooked and slightly charred.
11. Divide ingredients evenly over brown rice bowls served with lime wedges and fresh coriander to garnish.