Toasted Tortilla Sandwiches

5 minutes preparation + 5 minutes cooking

Tortillas are a flat bread made from either corn or wheat. Tortillas can be warmed in the oven, steamed, grilled, heated in a microwave or toaster or baked in the oven.

Ingredients
4 small tortillas
300g can four bean mix, rinsed and drained
1 teaspoon chilli sauce
1 small avocado, peeled and sliced

Method
Mix beans and chilli sauce together and make sandwiches of tortillas, beans and avocado slices. Place on a non-stick fry pan to brown. To flatten, place a plate on top and weight it down with a large can. When browned and crisp, turn over. Repeat for next sandwich.

Serves 2

Variation
Cook in a sandwich maker until crisp and brown.

Serving suggestion
Serve with a side salad of crisp lettuce, cucumber and tomato.

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