

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.



hint

The two types of tortillas, wheat and corn, come in small and large sizes. Choose size according to use.

