

Mexican bean tostadas



Ingredients (serves 4)

8 small corn tortillas

1 x 400g tin refried beans

2 avocados

1 x 300g jar salsa

1 baby cos lettuce, shredded

3 large tomatoes, roughly chopped

2 large carrots, cut into matchsticks

80g reduced fat feta cheese, crumbled

Method

- 1) Lightly brush both sides of tortillas with a little olive oil and grill under medium heat until crisp and a little darker
- 2) Heat beans following instructions on the tin
- 3) Mash avocado, mix in a little lime juice
- 4) Put 2 tortillas on each serving plate. Top with the warmed beans, a little salsa, lettuce, tomato and carrot.
- 5) Spoon over a little more salsa and top with avocado
- 6) Scatter over some feta and garnish with lime (and coriander leaves if preferred)

