

Mexican Tortilla Bowls

Ingredients:

- ❖ 1 red onion
- ❖ 1 red chilli diced
- ❖ 400g of lean minced beef
- ❖ 1 tbsp. taco seasoning –salt reduced
- ❖ 1 tin of kidney beans
- ❖ 2 cups of mixed salad
- ❖ 1 cup of shredded red cabbage
- ❖ ½ cup of grated carrot
- ❖ 1 x pack of tortilla cups (8)
- ❖ 1 x cup extra light sour cream
- ❖ 1 x cup of salsa
- ❖ Coriander to garnish
- ❖ Pepper, to taste

Serves 4



Method:

To begin, cook the mince, kidney beans, chilli and diced onion in a frying pan. Once cooked add taco seasoning and ½ cup of water and set aside. In the meantime prepare a side salad by combining mixed greens, cabbage and carrot together. Next place the tortilla bowls in the microwave for 15 seconds until warm. Place tortilla bowls on a plate next to a side salad. Then spoon the beef mixture into ¾ of the bowl. Fill the rest of the bowl with spoonful's of sour cream and salsa. Garnish with coriander and season with pepper as per flavour preferences

You can also opt to serve the tortilla bowls with some Mexican rice. In this case purchase a pre-made packet of Mexican rice and heat up as per instruction on the packet. To serve fill a small bowl with Mexican rice and push down firmly. Next flip the bowl upside down onto your plate. Tap the top of the bowl several times before carefully removing the bowl, leaving a perfect dome of rice on the plate.