

TACO BOATS

Serves: 4

Ingredients

- 1 small onion, finely chopped
- 1 clove garlic, crushed
- 3/4 cup water
- 250g lean minced beef
- Pinch chilli powder (optional)
- 1 1/2 teaspoons ground cumin
- 400g can red kidney beans, drained
- 400g can chopped tomatoes
- Freshly ground black pepper, to taste
- 2 tablespoons chopped parsley
- 1 small cos lettuce, outer leaves discarded
- 1 tomato, finely chopped
- 1/3 cup grated Australian reduced fat cheddar cheese
- 1/3 cup Australian reduced fat natural yogurt

Method

1. Cook onion and garlic with 2 tablespoons of the water in a non-stick saucepan until softened. Stir in minced beef and spices and cook over high heat until browned.
2. Add beans, tomatoes, pepper and remaining water. Reduce heat and simmer for 15 minutes until mixture has thickened. Stir in parsley.
3. To serve, spoon beef mixture into lettuce leaves, sprinkle with cheese, fresh tomato and dollop with yogurt.

Tips / Handy Hints

Tip: The Mexican beef mixture is also great served in tortilla wraps. Sprinkle taco boats with a little avocado for extra colour! For adults: Add extra chilli sauce for serving



Nutritional Information:

Kilojoules 1124 kJ
Calories 268 cal
Protein 25.3 g
Total fat 6.6 g
Saturated fat 3.1 g
Carbohydrate 21.6 g
Sodium 458 mg
Calcium 190 mg
Iron 5.4 mg
Fibre 8.9 g

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