



Kids Love Mince.

And being high in iron, it loves them too.

Tacos

Preparation Time: 10 minutes

Cooking Time: 30 minutes **Serves:** 4-6 People

- 350g Quality Mark Beef or Lamb Mince • 1 Tbsp olive oil*
• *1 onion, finely chopped • 1 Tbsp tomato paste • 1 x 375g jar Salsa (Mild, Medium or Hot) • 1/2 400g can Mexican Spiced Tomatoes*
• *425g can Refried Beans • 1 cup grated Edam cheese*
• *10-12 Taco Shells (regular or jumbo)*

1. Heat oil in pan and cook onion for 1-2 minutes, then add mince, stirring until browned. Drain off excess liquid. Add the tomato paste, salsa and tomatoes and simmer gently for a further 20 minutes.
2. Add the beans. Divide the mince mixture between taco shells and top with grated cheese.
3. Grill the tacos for about 10 minutes at 200°C in a pre-heated oven or until hot through, and serve with your favourite accompaniments.

Tips

If you prefer your taco shells really crispy, pre-grill the shells before you add the mince. If you prefer a softer shell use the method above.

Serve with: rice and salad.



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For children aged 1 - 7 years, a 100g serving of lean beef or lamb mince provides at least 35% of the recommended daily intake of iron: