

Kids Love Mince.



And being high in iron,
it loves them too.

Mince Wraps

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Serves: 4-6

350g Quality Mark beef or lamb mince

1 Tbsp oil

1 onion, finely chopped

1 Tbsp tomato paste

1 x 375g jar salsa (mild, medium or hot)

Half a 400g can Mexican-spiced tomatoes

1 x 425g can kidney beans (or 420g can baked beans)

1 cup grated cheese

6-8 burrito tortillas



Heat oil in a pan and cook onion 1-2 mins, then add mince, stirring until browned. Drain off excess liquid. Add tomato paste, salsa and tomatoes and simmer a further 20 mins. Allow to cool and mix in the beans. Divide mince between the tortillas, spread with grated cheese. Fold the bottom over the mince and roll up tightly sideways. Secure with a toothpick and grill the wraps in a pre-heated 180°C oven until hot. Remove the toothpick before serving. Serve with rice and vegetables.

TIPS

For younger children: Cut the wraps across the middle when cooked as they are easier to handle & eat. Or, serve the mince in mini pita pockets with grated carrot, chopped cucumber & tomato.

For older children and parents: Add spicy chilli sauce to the mixture for a bit of a kick.

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For children aged 1-13 years, a 100g serving of lean beef or lamb mince provides at least 20% of the average recommended daily intake of iron.