

Magic Mince.



Look what it turns into.

Tacos

Preparation Time: 10 minutes

Cooking Time: 30 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 420g can kidney beans
- 1 cup grated cheese
- 10-12 taco shells



Heat oil in a pan and add the onion 1-2 mins, then add the mince, stirring until browned. Drain off excess liquid. Add the tomato paste, salsa and tomatoes and simmer gently a further 20 minutes. Add the beans, then divide the mince mixture between the taco shells and top with grated cheese. Warm the tacos through in a 200°C pre-heated oven and serve with your favourite extras such as rice, salad and guacamole.

TIPS

If you prefer your taco shells really crispy, pre-grill the shells before you add the mince, but take care they don't burn.

Kids Love Mince.

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.