

Mini Taco Bowls -



Ingredients:

- 8 flour tortillas (small size)
- 500g extra-lean beef mince
- 1 cup salsa
- 1/2 cup shredded cheddar cheese (reduced fat)
- 2 cups chopped lettuce
- 1 tomato, chopped
- Guacamole or sour cream (reduced fat) for dressing



Method:

1. Microwave tortillas on high 30 seconds.
2. Line each of 8 muffin cups with 1 tortilla. Carefully fold back edges of tortillas, leaving opening in centres for filling.
3. Bake 10 min.
4. Brown meat in large pan; drain. Stir in salsa; bring to boil. Simmer on medium-low heat 10 min.
5. Spoon meat mixture into tortilla bowls.
6. Top with remaining ingredients.

Alternative:

- Use shredded chicken instead of beef mince.
- Use gluten free tortillas.
- Use beans in place of meat for a vegetarian alternative.