

Scotch Beef Tacos

Ingredients

- 500g lean Scotch Beef steak mince (5% fat)
- 30ml Scottish rapeseed oil
- 1 x red onion, finely chopped
- 2 x garlic cloves, minced
- 1 x green or yellow pepper, finely chopped
- 1 x 400g tin of pinto or kidney beans, drained
- 30g Mexican spice mix or Taco seasoning
- 20g tomato puree
- 100ml boiling water
- 2 x little gem lettuces, shredded
- 2 x large vine tomatoes, finely chopped
- 2 x avocado, halved and chopped finely
- 120g fat free yoghurt
- Juice of 1 lime
- 150g lighter cheddar cheese, grated
- 12 x corn taco shells

