

Spicy Mini Muffin Tin Scotch Beef Tacos

Serves
6

Prep Time
10 minutes

Cooking Time
30 minutes



Ingredients

- 6 inch flour tortillas
- Salt and freshly ground pepper
- 1 tbsp vegetable oil
- Half an onion finely chopped
- 1.5 tsp chilli powder
- 1.5 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp Worcestershire sauce
- 0.5 tsp dried oregano
- 0.5 tsp paprika
- 0.25 tsp garlic powder
- 2 cups black bean salsa
- 350g Scotch Beef mince
- Shredded iceberg lettuce
- Shredded cheese, guacamole and sour cream for topping

Cooking Method

- 1 - Preheat the oven to 220°C, 200°C fan, Gas mark 7.
- 2 - Spray a 6-hole muffin tin with cooking spray.
- 3 - Gently fold each tortilla in half, then in quarters. Place 1 in each muffin hole and unfold to make a cup. Spray the tortillas all over with cooking spray. Sprinkle with a pinch of salt. Bake until golden, 8-10 minutes and cool.
- 4 - Meanwhile, heat the vegetable oil in a large non-stick skillet over medium-high heat. Add the onion and cook, stirring occasionally, until softened (about 2 minutes). Add the chilli powder, cumin, coriander, Worcestershire, oregano, paprika and garlic powder; cook, stirring, until the onion is coated, about 1 minute.
- 5 - Add the beef and cook, for 5-10 minutes, breaking up the meat with a spoon, until no longer pink. Add the beans and bring to a simmer. Reduce the heat to medium and cook, stirring occasionally, for 4 minutes or until the sauce is slightly thickened. Season.
- 6 - Fill each taco cup with a thin layer of lettuce and then the beef mixture. Top with reduced fat grated cheddar cheese, guacamole and sour cream as desired.



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