

Scotch Beef Tacos

Serves
4-6

Prep Time
15 mins

Cooking Time
25 mins



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

Cooking Method

- 1 - In a large frying pan heat the rapeseed oil
- 2 - Add the mince, onion and garlic
- 3 - Brown the mince, stirring to break it down. Cook for approximately 3 minutes
- 4 - Add the Mexican seasoning and cook a couple more minutes
- 5 - Add the tomato puree, drained beans, green pepper and boiling water
- 6 - Cook uncovered on a low heat for 15 minutes
- 7 - Squeeze the juice of one lime over the finely chopped avocado
- 8 - Assemble the tacos: Put the mince mixture on the bottom then layer the cheese, lettuce, tomato, avocado and yogurt.



Find all recipes at scotchkitchen.com