



Food Explorer

Mince Taco Cups

Mince taco cups – Serves 4, preparation and cooking time 50 minutes.

Ingredient	Quantity
Onion - finely chopped	1
Garlic	½ clove – crushed
Oil	1tbsp
Chopped tomatoes	530g
Tomato puree	3 ½ tbsp
Mince beef/lamb/vegetarian	400g
Gravy granules	3 ½ tbsp

Recipe

1. Heat the oil on a medium heat in a large pan and add the chopped onions. Cook for 5 minutes or until the onions are soft.
2. Add the garlic to the onions and cook for a further minute. Then add the mince and cook through until brown, stirring regularly. Drain any residual fat from the pan.
3. Stir through the chopped tomatoes, tomato puree, sugar, gravy granules and the mixed herbs. Season to taste and cook for 20 minutes until the mince is tender. (Vegetarian mince may take less time).
4. Meanwhile, to prepare the taco cups cut the wraps in half. Make each half into a cone shape, fold the bottom and open the top of the cone out. Place into a lightly oiled muffin tin.
5. Bake the taco cups at 180°C/Mark 4 for approximately 3 minutes, this will make them slightly crispy.
6. Fill the taco cups with the mince mixture and serve with salad or veggies.

ALLERGEN INFORMATION

Please check ingredients used for allergen information.

