

# Taco lettuce cups

Makes 6

## Ingredients

- 1 small onion
- 1 clove garlic
- 1 small cos lettuce
- 1 tomato
- 1 avocado
- ½ cup water
- 250g lean beef mince
- 1 teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon dried mixed herbs
- ¼ teaspoon chilli powder
- Black pepper to taste
- ⅓ cup reduced fat grated cheese
- ⅓ cup reduced fat natural yoghurt



## Method.

1. Finely dice onion. Crush garlic.
2. Dice tomato and avocado. Discard outer leaves of lettuce and set aside.
3. Cook onion and garlic with 2 tablespoons of water in a non-stick saucepan until softened. Stir in beef mince and cook, stirring, until browned.
4. Add cumin, paprika, mixed herbs, chilli powder and black pepper and stir through.
5. Add remaining water. Reduce heat and simmer for 15 minutes or until mixture has thickened.
6. To serve, spoon beef mixture into lettuce leaves, top with diced tomato, avocado, a sprinkle of cheese and a dollop with yoghurt. Secure in place with a toothpick or small skewer.

**Optional:** instead of lettuce cups serve in tortilla wraps.

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.

NUTRITION INFORMATION		
Servings per recipe: 6		
Average serving size: 260g		
	Per serve	Per 100g
Kilojoules (kJ)	823	318
Protein (g)	17.3	6.7
Total fat (g)	11.0	4.2
- Saturated fat (g)	3.8	1.5
Carbohydrates (g)	5.7	2.2
- Sugars (g)	4.6	1.8
Fibre (g)	3.6	1.4
Sodium (mg)	111	43