

# Beef Tacos



## Ingredients

serves 4

### For the Tacos

- 1 tbsp olive oil
- 1 onion
- 1 red pepper
- 250g 5%-fat minced beef
- 2 garlic cloves
- 1/2 tsp onion powder
- 1/2 tsp oregano
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1 beef stock cube (low salt)
- 150ml boiling water

### For the Salsa

- 2 tomatoes sliced
- 1 spring onion
- juice of half a lime
- 4g fresh coriander



### To Serve

- 8 mini wholemeal wraps
- 40g reduced fat cheddar
- 30g crisp lettuce



## Method

- Chop the onion and the pepper into very small chunks and crush the garlic.
- Measure out your taco spices (onion powder, oregano, cumin and smoked paprika) into a small bowl.
- Boil the kettle, then crumble the stock cube into a measuring jug and gently pour in the boiling water. Stir to combine.
- Dice the tomatoes, slice the spring onion, chop the coriander and juice the lime. Then mix them together in a medium bowl to create the salsa and set aside.
- Grate the cheese into a medium bowl, slice the lettuce onto a plate, and set both aside.
- Then In a large pan, heat the olive oil, then add the onion and pepper and fry for 5 minutes until soft. Once cooked add the beef to the pan and fry for 3 minutes until browned all over.
- Add in the bowl of mixed spices and fry for another minute. Then gently pour in the beef stock. Stir then reduce the heat and bubble for 5 minutes.
- After 5 minutes, remove the pan from the heat.
- Assemble your tacos by spooning the taco mix into the centre of a mini wrap, add a layer of salsa, and lettuce and sprinkle over the grated cheese.
- Repeat with all the other taco shells