



TACO SALAD BOWLS

WITH ALL THE TOPPINGS

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 35 minutes

These taco salad bowls are such a fun Mexican-inspired meal. Simple to make, filled with plenty of veggies and guaranteed to be a hit with kids!



TO SERVE

- 4 jumbo tortillas
- 100g grated Colby cheese (3.5oz)
- 1/2 cup lite sour cream (125ml)
- 1 large handful fresh coriander

MINCE

- 1 tsp olive oil
- 500g prime beef mince (1lb 2oz)
- 1 beef stock cube
- 1 Tbsp tomato paste
- 2 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp paprika
- 400g can Mexican flavoured tomatoes (14oz)

SALAD

- 1 ear corn
- 120g baby cos lettuce (4.2oz)
- 2 tomatoes
- 1 large avocado
- 1/2 small red onion
- 400g can black beans in spring water, drained (14oz)

DRESSING

- 1 large handful fresh coriander
- 2 1/2 Tbsp olive oil
- 2 Tbsp lime juice
- 1 tsp sugar
- 1/4 tsp garlic powder
- 1/4 tsp ground cumin

1. MAKE TACO BOWLS

Preheat oven to 180°C (360°F) fan bake. Warm tortillas in microwave for 20-30 seconds. Press inside four medium-sized oven-safe bowls. Bake for 7 minutes, until golden brown and crisp. Remove from oven and leave to cool.

2. COOK MINCE

Meanwhile, heat oil in a large pot on medium-high. Add mince and cook until browned all over, breaking up into small pieces. Crumble in beef stock cube, then stir in tomato paste, cumin, garlic powder and paprika. Simmer for 2 minutes. Add tomatoes, reduce heat to medium and simmer for 10-15 minutes, while you prepare the rest of the meal.

3. MAKE SALAD

Microwave corn in the husk for 4 minutes. Shred lettuce. Dice tomatoes and avocado. Finely dice onion. Remove corn from husk and carefully run a knife down the edges to remove kernels. Combine all salad ingredients in a large bowl.

4. MAKE DRESSING

Roughly chop coriander. Place all dressing ingredients together in a jar and season with salt and pepper. Shake until well combined. Pour over salad and toss to combine.

5. ASSEMBLE AND SERVE

Season mince mixture with salt and pepper to taste. Spoon mince into taco bowls. Top with grated cheese, salad and sour cream. Finish with a sprinkle of coriander.



WINE MATCH: Try a Merlot. Beer is also a good option - go for a lager.

TACO SALAD BOWLS RECIPE NOTES

GLUTEN-FREE OPTION: Replace regular tortillas with gluten-free tortillas. If you can't find ones that are big enough, bake them flat until crisp and break over the meal rather than serving as a bowl. Choose a gluten-free stock cube.

INGREDIENT SWAPS / NOTES: If you can't find Mexican flavoured tomatoes, use regular crushed or diced tomatoes (you may need to add a touch of sugar to the mince mixture). You can use lemon juice instead of lime juice.

STORING AND REHEATING: Store serving ingredients, mince and salad separately. Mince can be reheated in the microwave. Assemble bowls just before serving.