

Beef TACO’s

**INGREDIENTS**

4 taco shells

**BEEF TACOS:**

1/2 Tablespoon oil

1 garlic cloves, minced

1/2 onion, finely chopped

250 g beef mine

1 Tablespoon tomato paste

35ml water

**HOMEMADE TACO SEASONING:**

1/2 teaspoon EACH garlic powder, onion powder, dried oregano

1 teaspoon EACH cumin powder, paprika

1/8 teaspoon cayenne pepper (adjust spiciness to taste, can skip)

1/2 teaspoon salt

1/8 teaspoon black pepper

**TOPPINGS:**

50g Shredded cheese

2 leaves shredded iceberg lettuce

¼ red onion, chopped

¾ Tomato, diced

¼ cup sour cream

**GAUCAMOLE:**

1 ripe avocado (100g)

1/8 red onion, finely diced

¼ tomato, diced

4 coriander, leaves picked, finely chopped

¼ lime, juiced

sweet chilli sauce (to serve)

**METHOD:**

1. Preheat oven to 180C

**BEEF FILLING:**

2. Heat oil in a large frying pan over high heat. Add garlic and onion and cook 2 minutes until golden.

3. Add beef and cook for 2 minutes, breaking it up as you go, until it changes from red to light brown.

4. Add **Taco Seasonings** and cook for 2 minutes until beef is cooked through.

5. Add tomato paste and water. Cook for 1 minute or until water is evaporated and you're left with a juicy not watery beef filling.

**BAKE (OPTIONAL):**

6. Place taco shells in a baking tray. Fill with taco meat, top with cheese.

7. Bake 5 to 7 minutes until cheese is melted by which time the shells with be crispy.

**GAUCAMOLE:**

8. Roughly mash avocado with a fork.

7. Mix in tomato, onion, coriander and lime juice. Season with salt.

**SERVE:**

9. Serve tacos hot, straight out of the oven. Lay out toppings and guacamole and sweet chilli sauce and assemble.