

Quick Vegetarian Tacos



Ballarat Health Services

Ingredients

1/4 cup (60ml) olive oil
1 brown onion, finely chopped
400g can brown lentils rinsed, drained
40g pkt Mexican Spice Mix
400g can diced tomatoes
400g can red kidney beans, rinsed, drained
200g cherry tomatoes, quartered
1/2 red onion, finely chopped
2 tbs finely chopped coriander
12 corn tortillas, warmed
2 avocados, stoned, peeled, thinly sliced
1 cup (120g) grated cheddar
1/2 cup (120g) drained pickled jalapeño slices
Coriander sprigs, to serve



Method

Step 1

Heat 1 tbs of the oil in a large non-stick frying pan over medium heat. Add the brown onion to the pan. Cook for 3 mins or until onion softens. Add the brown lentils. Cook, stirring occasionally, for 10 mins or until brown, adding another 1 tbs of oil halfway through cooking.

Step 2

Add the Mexican Spice Mix to the pan. Cook for 1 min or until mince is coated. Add the diced tomatoes and beans. Cook, stirring, for 5 mins or until the mixture thickens slightly. Season.

Step 3

Meanwhile, combine the cherry tomato, red onion, chopped coriander and remaining oil in a small bowl. Season.

Step 4

Divide the tortillas evenly among serving plates. Top with the mince mixture, tomato mixture, avocado, cheddar and jalapeño. Sprinkle with the coriander sprigs and serve with the lime wedges.

Try this recipe
for a healthy
Taco Tuesday

Source: www.taste.com.au