

Mexican mince - nachos style



Makes 6 serves

Ingredients

- 1 tsp canola oil
- 1 onion, chopped
- 3 cloves garlic, finely chopped
- 250g beef mince
- 1 medium zucchini, grated
- 2 medium carrots, grated
- 400g can no-added-salt red kidney beans, drained and rinsed
- 400g can no-added-salt diced tomatoes
- 1 tbs sweet chilli sauce
- 2 tbs paprika
- 1 tbs ground cumin
- 1 tbs ground coriander
- 1 tbs chilli flakes, optional
- See serving suggestion

Method

1. Heat oil in a large frypan and fry onion, garlic and mince for about 5 minutes, till onions are clear and meat is browned.
2. Add the rest of the ingredients and simmer for 10 minutes with the lid off, stirring occasionally

Serving suggestion

Use scissors to cut up a tortilla or flat bread into triangle shapes. Cook in the oven (10 minutes at 180° C) or in a sandwich press until golden and crunchy. Top these crispy triangles with a spoonful of Mexican Mince, a sprinkle of reduced-fat cheese and a spoonful of low-fat natural yoghurt. Add spring onions and chilli flakes for extra spice.

“ Need to lower your cholesterol levels? Kidney beans are a great source of soluble fibre which has been shown to lower LDL cholesterol by 10% when we include about 10g of soluble fibre per day. Half a cup of kidney beans can have up to 2g of soluble fibre.

Mary du Heaume
Dietitian APD
HBF Member Health Coach ”

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