

Beef taco filling

 Caution: Check for allergies

Ingredients

- 1 onion
- 1 red pepper
- 1 green pepper
- 1 tbsp olive oil
- 2 cloves garlic
- 1 pinch paprika
- 1½ tsp cumin
- 500g minced beef
- 250ml beef stock

Method

1. Preheat the oven to 190°C.
2. Peel and dice the onion.
3. Cut the peppers in half, remove the seeds and dice.
4. Gently heat the olive oil in a frying pan. Add the onion and peppers and fry gently for a few minutes until soft.
5. Peel the garlic cloves and squash them into the pan using a garlic press.
6. Add the paprika and the cumin. Cook gently for one to two minutes.
7. Add the minced beef and stir until it has browned.
8. Pour in the beef stock.
9. Spoon into a casserole dish and put on the lid.
10. Bake in the oven for 30 minutes.

Glossary

- bake** To cook something in dry heat in an oven.
- dice** To cut foods into small squares.
- fry** To cook something in hot oil.



Chicken taco filling

 Caution: Check for allergies

Ingredients

- 2 skinless chicken breasts
- 1 red onion
- 1 red pepper
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 pinch cumin
- juice of ½ lime

Method

1. Cut the pepper in half. Remove the seeds and cut the pepper into thin strips.
2. Peel, halve and finely slice the red onion.
3. Slice the chicken lengthways into strips, about the same size as the pepper strips.
4. Put the peppers, onion and chicken into a bowl. Add the paprika and cumin and mix well. Leave to marinate for five minutes.
5. Heat the olive oil in a large frying pan.
6. Add the onion, pepper and chicken to the pan and fry for about 10 minutes, until the chicken is golden and cooked through, so that the middle is no longer pink.
7. Squeeze the lime juice over the cooked onion, peppers and chicken.

Glossary

- fry** To cook something in hot oil.
- marinate** To leave foods in a mixture, usually containing herbs and spices, before cooking to add extra flavour.



Black bean taco filling

 Caution: Check for allergies

Ingredients

- 1 tbsp olive oil
- ½ small onion
- 1 clove of garlic
- 400g can black beans
- ½ teaspoon cumin
- ¼ teaspoon smoked paprika
- 1 tbsp tomato puree

Method

1. Peel and dice the onion.
2. Heat the olive oil in a large frying pan.
3. Add the onion to the pan and fry gently for two to three minutes until the onion is soft.
4. Crush the garlic clove in a garlic press and add to the onion. Fry for half a minute.
5. Add the black beans, cumin, paprika, tomato puree and one tablespoon water. Stir well.
6. Cook for about three minutes.

Glossary

dice To cut foods into small squares.

fry To cook something in hot oil.



Roasted vegetable taco filling

 Caution: Check for allergies

Ingredients

- 1 tbsp olive oil
- 1 red onion
- 1 red pepper
- 1 courgette
- 10 cherry tomatoes

Method

1. Preheat the oven to 220°C.
2. Cut the red onion and courgette into chunks, about the same size.
3. Halve the red pepper and remove the seeds. Cut the pepper into chunks about the same size as the onion and courgette.
4. Cut the cherry tomatoes in half.
5. Place all the vegetables on a baking sheet and drizzle the olive oil over them. Toss them around, so that they become coated in the oil.
6. Put the tray of vegetables in the oven and roast for about 25 minutes.

Glossary

drizzle To pour liquid slowly over something.

roast To cook something in oil in the dry heat of an oven.

