



TACO BOWLS

SERVES: 2

TOTAL TIME: 25 MINUTES

GF

INGREDIENTS

- 1 tsp **olive oil**
- 1 **clove garlic**, minced
- 1/2 **onion**, diced
- 250g **beef mince** (90% lean)
- 1 tsp **chili flakes**
- 1 tsp **oregano**
- 1 tsp **paprika**
- 1 tsp **cumin**
- 1/2 tsp **chili powder**
- 2 handfuls **iceberg lettuce**, shredded
- 2 tomatoes**, chopped
- 1/2 **cucumber**, chopped
- 2 tbsp **salsa**
- 1 tbsp **sour cream**
- Fresh coriander**

INSTRUCTIONS

Bring a skillet to high-heat, add olive oil, garlic and onion. Once the onion has started to soften, add the beef and cook for 3 to 4 minutes or until browned.

Next, add all the spices and cook for another 5 minutes, or until fully cooked through.

Grab two bowls and layer the lettuce, tomato and cucumber. Top with the cooked beef, 1 tbsp of salsa and 1 tbsp of sour cream per bowl. Garnish with fresh coriander.

MACROS PER PORTION

CALORIES	341	PROTEIN	29
CARBS	18	FATS	17
FIBRE	5		