



Beef Burritos

SERVES 4

INGREDIENTS

1 tablespoon extra virgin olive oil
2 cloves garlic, crushed
1 medium onion, diced
4 x 120g beef mince (females)
4 x 220g beef mince (males)
1 medium red pepper, diced
1 red chilli, thinly sliced
2 medium tomatoes, diced finely
1 tablespoon tomato paste
1 cup salt reduced beef stock
8 large iceberg lettuce leaves, washed and dried
1 avocado, diced
4 tablespoons tomato salsa

METHOD

1. Heat the oil in a large pan or wok on high and add the garlic and onions and cook until soft. Add the mince and stir until cooked and brown.
2. Add the pepper, chilli, half the tomato, tomato paste and stock, reduce the heat and simmer for 5 to 10 minutes, stirring occasionally until the sauce thickens.
3. Spoon the mince mixture evenly into the lettuce cups and top with remaining diced tomato, avocado cubes and salsa.

