



## Mexican tacos

### Ingredients

- 1 tsp Vegetable Oil
- 500 g Lean Minced Beef
- 1 Onion
- 1 Can Canned Corn
- 1 Can Can Red Kidney Beans
- 0.5 cup Water
- 1 pkt MAGGI Your meal your way Chilli Con Carne
- 2 tbsps Tomato Paste
- 8 Hard Taco Shells
- 1 cup Tomato Salsa

### Instruction

1. Add oil and mince to a hot fry pan cook for 2 minutes. Add onions and cook until brown
2. Mix water and MAGGI Your Meal Your Way Chilli Con Carne until smooth, add to pan with sweet corn, kidney beans and tomato paste, bring to the boil. Turn down heat and simmer for 15 minutes
3. Fill the eight taco shell with the chilli mixture, serve with salsa if required.

### Nutrition

Carbohydrates	32.6 g
Energy	422.91 kcal
Fats	11.21 g
Protein	38.47 g

🕒 25 Minutes

⊕ 4 Portions