

Tacos with Spiced Ground Beef

Servings

4 people

Description

Crisp taco shells filled with spiced ground beef, iceberg lettuce, cheddar and tomato salsa.

Ingredients

1 tbsp oil
1 onion
2 garlic cloves
500 g lean ground beef
2 tbsp tomato paste
0.5 tsp chili powder
1 tsp paprika
1 tsp ground cumin
1 tsp ground coriander
0.5 tsp oregano
1 tsp sugar
1 tsp salt
12 small taco shells
4 large iceberg lettuce leaves, cut into strips
190 g grated cheddar
100 g tomato salsa

Method

1. Preheat the oven to 180°C / 350°F conventional heat. Finely chop the onion and garlic, and cut the iceberg lettuce leaves into strips.
2. Heat the oil in a large frying pan. Cook the onion over low heat until soft but not browned. Add the garlic and cook for 1 minute.
3. Stir in the tomato paste, chili powder, paprika, cumin, coriander, oregano, sugar and 1 tsp salt. Cook over medium heat for 3–4 minutes.
4. Increase the heat to high, add the ground beef and brown it. Add about 3 tbsp water; the pan should be hot enough for most of the liquid to evaporate. Cook for 5–10 minutes, stirring constantly. Add a little more water if the beef sticks.
5. Warm the taco shells in the hot oven for 5 minutes.
6. Put the beef, warm taco shells, iceberg lettuce, grated cheddar and tomato salsa on the table so everyone can fill their own tacos.