



BEEF TACO SALAD

Serves: 5 Ready in: 20 mins Cost per serve: \$3.00

Ingredients

3 cups pre packaged salad mix
3 tomatoes, diced
1 red onion, thinly sliced
1 cup canned four bean mix, rinsed and drained
1 cup corn kernels, thawed if frozen or rinsed and drained if canned
5 tbsp lemon juice
500g lean beef mince
35g taco seasoning
1 pinch salt
1 pinch pepper
1 tbsp canola or vegetable oil
150ml water

✓ Tips

Substitute beef mince with tofu for a more affordable, vegetarian alternative.

Choose 'no salt added' options for canned items to reduce salt intake.

If eating over multiple meals, store salad ingredients separately and mix right before serving.



Directions

1. Heat oil in a pan. Lightly fry corn kernels over medium heat until slightly charred and set aside.
2. In the same pan, add beef mince and cook on medium heat for 2-3 minutes, until almost cooked.
3. Add taco seasoning, salt, pepper and water into the pan. Cook for a further 3 minutes, stirring continuously until most of the water has evaporated. Set aside beef mix.
4. To serve, distribute vegetables and beef mix evenly over salad with a drizzle of lemon juice.

