



## Mushroom beef & vegetable tacos

Preparation: 10 minutes

Cooking: 20 minutes

Makes: 12

- 1 tbs olive oil
- 1 medium onion, finely chopped
- 400g lean beef mince
- 1 medium carrot, peeled & grated
- 1 medium zucchini, grated
- 250g button mushrooms, thinly sliced
- 35g sachet taco seasoning mix
- 1 /4cup water
- 12 taco shells
- 4 Iceberg lettuce leaves, shredded, to serve
- 1 medium avocado, mashed, to serve
- 1 /2cup sour light cream, to serve

1. Preheat an oven to 180°C.
2. Heat the oil in a large non-stick frying pan over medium-high heat. Add the onion & cook, stirring occasionally, for 3 minutes or until soft. Add the beef mince & cook, stirring often to break up mince, for 6-8 minutes or until evenly browned.
3. Add the carrot, zucchini, mushrooms, taco seasoning mix & water to the pan & cook, stirring occasionally, for 6-8 minutes or until the vegetables are tender & the pan juices evaporate.
4. Meanwhile, place the taco shells onto a baking tray & heat for 10 minutes or until hot.
5. To serve, place the shredded lettuce into the taco shells & top with the mince mixture. Serve with mashed avocado & sour light cream.

Variation: Spoon the mushroom & beef filling on tortillas. Roll up the tortillas & warm in the oven. Serve with sliced avocado.