



WELSH BEEF TASTY TACO CUPS



INGREDIENTS

450g lean PGI Welsh
beef mince

12 small tortillas

1 tbsp oil

1 onion, finely
chopped

1 yellow pepper,
small diced

2 tsp taco seasoning

1 tbsp tomato sauce

50g grated cheddar
cheese

To Serve

Shredded lettuce,
chopped tomatoes
and garlic mayo.

METHOD

1

Preheat the oven to 180°C/160°C
Fan/Gas 4.

2

Grease a 12-hole muffin tin.

3

Using a round cutter, cut 10 cm circles
from each tortilla and press into the
muffin tin, fold the edges.



4

In a frying pan add the mince and
onion and fry until the meat is brown.



5

Add the pepper, stir for 1 minute, then
add the taco seasoning and tomato sauce
and cook for 5 minutes stirring gently.



6

Spoon the mixture into tortilla cups,
then top with grated cheese. Bake for
approx. 10 minutes until the tortillas
are golden and cheese melted.



Top tips

- Waste not, want not...
Don't throw the rest of
the tortillas, cut into small
triangles and bake – use to
make nachos ... yummy!

7

Serve topped with
shredded lettuce,
diced tomato and a
drizzle of garlic mayo.



30 mins



25 mins



Makes 12