

Gina Daly-Daly Dish Recipe

Cheeseburger Tacos- SERVES 4-6



Ingredients:

Low-calorie spray oil

½ an onion, finely chopped

500g lean mince

30ml water

1 tsp garlic granules

¼ tsp chilli flakes (optional)

3-4 drops Worcestershire sauce

1 tsp tomato purée

2 tbsp soy sauce

3 cherry tomatoes, chopped

1-2 gherkins, chopped

Salt to taste

3 slices American cheese

singles, torn

To build the taco:

4-6 taco shells

Iceberg lettuce, shredded

Cheddar cheese, grated

Method:

1 Grab a wok or high-sided pan and fry off the onion with a spray of oil until translucent, then add in the mince with the water (this will stop it from clumping together and keep it fine). Brown the meat, stirring regularly to let it cook evenly.

2 When the mince is cooked through, add in the garlic granules and chilli flakes, the Worcestershire sauce, tomato purée and soy sauce and mix well, allowing to cook for a further 2-3 minutes.

3 Add in your chopped tomatoes and gherkins and mix through, then add a pinch of salt and the cheese singles, stirring until these have melted in.

4 Heat the taco shells in the microwave for a few seconds, then spoon in some lettuce, a few heaped tablespoons of the cheesy mince mixture and a sprinkle of grated Cheddar on Top