



TACO-LESS TACOS

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 8 MIN

INGREDIENTS

250g Lean mince

500g Chopped Sweet Potato

Onion

Garlic

Pepper

Mushroom

3 X Beef tomatoes

Paprika

Chili powder

Olive oil/Coconut oil



DIRECTIONS

1. Chop sweet potatoes into chunks + oven roast.
2. Chop all veg.
3. Fry up onions + garlic until caramelised.
4. Add other veg.
5. Add beef + spices. Cook to preferences.
6. Serve mince on top of roast potatoes wedges!