



Veggie Tacos with Pico de Gallo and Salad

Equipment

- Frying pan
- Wooden spoon
- Chopping board
- Chef Knives
- Oven tray

Ingredients

- 1 tbsp olive oil
- ½ Spanish onion
- 1 clove garlic, crushed
- 400 g. diced tomatoes
- ½ cup of water
- 400 g. kidney beans.
- 8 taco shells
- 1 cup grated cheese
- 1 cup sour cream
- 1 cup of fresh lettuce leaves chopped finely.

For the Pico de gallo:

- 3 small tomatoes
- ½ Spanish onion
- ¼ cup fresh parsley leaves
- lemon juice
- olive oil
- salt

From the Garden

- Lettuce
- Parsley

What to do

1. Heat oil in a medium frying pan over high heat; cook onion and garlic stirring for 3 minutes or until onion has softened. Stir in tomatoes, the water and beans; simmer uncovered, for 15 minutes or until mixture thickens. Remove from the heat; season to taste.
2. Meanwhile, preheat oven to 200 C.
3. Divide warm filling among tacos shells and place them on an oven tray; sprinkle with grated cheese.
4. Bake tacos for 5 minutes or until the cheese is melted.
5. Prepare the lettuce salad, chopping the leaves finely. Season and reserve.
6. Prepare Pico de Gallo chopping tomatoes, onion and parsley finely. Season with olive oil, lemon juice and salt.
7. Top the tacos with some sour cream, lettuce salad and Pico de Gallo.

