



Mince is one of those very versatile ingredients – whether you like to turn it into a bolognese, burger patties, lasagne or meat balls, it's always a family favourite. We've given it a Mexican twist, mexican food typically contains red peppers, paprika and corn, so these are all added during the cooking process. Then tortillas are filled and baked for a delicious weekend meal. Serve it with coriander leaves, avocado and a spoonful of yoghurt or sour cream to round it off beautifully.

Mexican mince in tortillas

Ingredients

SERVES 4 – 6

500 g lean beef mince
 1 large onion, chopped
 2 cloves garlic, crushed
 1 red pepper, seeded and cubed
 2 carrots, coarsely grated
 10 ml (2 tsp) smoked paprika or 25 ml (5 tsp) ordinary paprika
 2,5 ml (½ tsp) cayenne pepper
 10 ml (2 tsp) ground coriander
 1 bay leaf
 1 x 50 g packet tomato paste
 1 x 410 g tin chopped tomatoes
 125 ml (½ cup) red wine or strong Rooibos tea
 80 ml (⅓ cup) chopped fresh herbs, such as Italian parsley, oregano, thyme and coriander
 lemon juice, salt and pepper
 1 x 410 g tin red kidney beans, drained
 250 ml (1 cup) frozen whole kernel corn, rinsed

4-6 tortillas or wraps
 125 ml (½ cup) grated Cheddar or mozzarella cheese
 1 avocado, sliced (when in season)
 dollops of plain yoghurt or sour cream for serving
 large handful fresh coriander leaves

Method

1. Preheat an AMC 24 cm Gourmet High or 24 cm Gourmet Roaster over a medium heat until the Visiotherm® reaches the first red area. Fry mince in batches until golden brown. Spoon out and set aside.
2. Sauté onion and garlic for a few minutes in the unit. Stir in pepper and carrots with all the spices and bay leaf and sauté for 3-5 minutes. Stir in tomato paste and sauté for 1-2 minutes to thicken slightly.
3. Stir in the browned mince with the tomatoes and rinse out the empty tins with wine or Rooibos tea. Stir in wine and herbs and season to taste with lemon juice, salt and pepper.
4. Bring to a boil, reduce the heat and simmer with the lid on for 30 minutes or until cooked.
5. Preheat the oven to 180 °C. Add kidney beans and corn to mince, simmer to heat through and season mince to taste.
6. Place spoonfuls of the mince on the warm tortillas or wraps and roll up. Pack filled tortillas next to each other in an oven dish.
7. Sprinkle cheese on top and bake for 20 minutes or until heated through and the cheese has melted.
8. Serve hot with slices of avocado, dollops of yoghurt or sour cream and lots of fresh coriander leaves or a quick salsa.

TIPS & VARIATIONS:

- Turn this into a basic Italian mince mixture, by omitting the red pepper, paprika and cayenne pepper. And don't add the corn and red kidney beans.
- **Salsa:** cut 1 avocado, 1 ripe tomato, ½ red pepper and a piece of cucumber into cubes and mix together lightly. Season to taste with olive oil, grape vinegar or lemon juice and chopped fresh coriander leaves.