

Taco Rice Salad

Serves 2-4

Ingredients:

1 taco mix sachet
1 pkt corn chips
1 cup rice
4-5 lettuce leaves - more if you want
3-4 tomatoes chopped – more if you want
1-2 cups cheese
Sour cream
Guacamole – see recipe below
1 jar salsa – can be homemade, or bought
500g (1 lb) mince beef (ground beef)

Method:

Place rice into 2-3 inches of boiling water. Stir with a fork for 30 seconds, to stop the rice sticking together. Bring back to the boil. Take pot off the heat, put the lid on and let it sit for about 15 minutes (the rice will cook in this hot water with the lid on).

Place ground beef into a small fry pan and cook till brown. Add taco seasoning and $\frac{1}{4}$ cup water. Stir until it thickens and boils. Remove from heat.

Chop up lettuce and tomato. Grate cheese.

Layer Order:

Place rice on the bottom, taco meat mix, cheese, lettuce, tomato, sour cream, guacamole, salsa, and top with corn chips.

Guacamole

Ingredients:

1 avocado – peeled, pitted, and mashed
1 lime squeezed
1/3 teaspoon salt
1/4 cup diced onion – red onion is nicest
1 tablespoon chopped fresh cilantro (coriander)
1 roma (plum) tomato, diced
1/2 teaspoon minced garlic
1 pinch cayenne pepper (optional)

Method:

In medium bowl, mash together the avocado, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in pepper. Refrigerate till ready to use.