

Mexican Meatball Cup



INGREDIENTS:

- ★ olive oil cooking spray
- ★ 250g packet mini flour tortillas
- ★ 200g lean beef mince
- ★ 1 small brown onion, grated
- ★ 1 small zucchini, trimmed, grated
- ★ 1/2 cup fresh multigrain breadcrumbs
- ★ 1 tablespoon olive oil
- ★ 3/4 cup (200g jar) mild taco sauce
- ★ 1/2 cup Campbell's Real Stock Chicken Salt Reduced
- ★ 1/3 cup grated tasty cheese and auacamole dip. to serve

Method:

Step 1

Preheat oven to 200°C. Spray ten 1/3-cup capacity muffin holes with oil. Using a 12cm round cutter, cut 1 round from each tortilla. Press 1 round into each muffin hole. Spray with oil. Bake for 8 to 10 minutes or until golden. Cool in pan for 20 minutes.

Step 2

Meanwhile, place mince, onion, zucchini and breadcrumbs in a bowl. Using clean, damp hands, mix until well combined. Roll heaped tablespoons of mixture into balls. Place on a plate. Refrigerate for 10 minutes.

Step 3

Heat oil in a large, non-stick frying pan over medium-high heat. Cook meatballs, turning, for 10 minutes or until browned. Add taco sauce and stock. Bring to the boil. Reduce heat to medium-low. Simmer for 5 minutes or until meatballs are cooked through and sauce thickens slightly.

Step 4

Spoon 1 meatball and 2 teaspoons of sauce into each tortilla cup. Sprinkle with cheese. Top with dollop of guacamole. Serve.