

# Deconstructed tacos

Cost: £1.10 per portion

70p vegetarian portion

**Complete your lunchbox with:**  
strawberries and grapes (halved)  
yogurt

Vegetarian option: Quorn mince, extra beans or paneer

## Ingredients

- 1 small tortilla (or half a large one)
- 60g cooked lean mince (beef/turkey/pork) / or vegetarian protein
- 2 tablespoons of canned beans (e.g. black beans or kidney beans), drained & rinsed
- 1 heaped tablespoon of mild tomato salsa
- 1–2 tablespoons of grated cheddar cheese
- 2 tablespoons of diced red pepper (bell pepper)
- 2 tablespoons of sweetcorn (canned or frozen)
- A few small lettuce leaves (or shredded iceberg)
- A wedge of lime (optional)

## Ingredients for guacamole (makes enough for 2–3 lunchboxes)

- 1 ripe avocado
- 1 small tomato (seeds removed), finely diced
- 1–2 teaspoons lime juice (or lemon juice)
- 1 tablespoon finely chopped cucumber or mild onion (optional, child-preference)
- A pinch of salt
- A pinch of garlic powder (optional—very mild)
- A few chopped coriander leaves (optional)

## Method

For the guacamole

### 1. Prepare the avocado

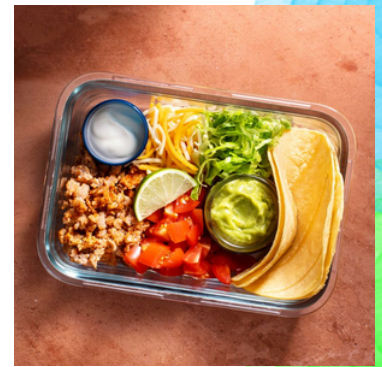
- Cut the avocado in half, remove the pit, and scoop the flesh into a bowl.
- Mash with a fork until smooth or slightly chunky depending on your child's preference.

### 2. Add the extras

- Stir in the diced tomato (remove seeds to avoid wateriness).
- Add cucumber or onion if using.

### 3. Season

- Add lime juice to stop browning and give a fresh taste.
- Add a tiny pinch of salt and garlic powder if using.
- Mix everything gently.



A decorative border made of overlapping watercolor circles in a rainbow spectrum (red, orange, yellow, green, blue, purple) frames the page.

## Method continued...

For the tacos

1. Cook the mince. Brown the mince in a pan over medium heat and season lightly.
2. Prepare the vegetables. Shred/chop the lettuce, dice the pepper, rinse the beans and sweetcorn.
3. Assemble the lunchbox, a lunchbox with separate compartments or the use of small pots for the salsa and guacamole is ideal.
4. Serving. At lunch time, your child can build their own taco Spread a little meat + beans + veg on the tortilla, sprinkle cheese, add lettuce and guacamole, then fold or roll. Or dip each bit in salsa. The lime wedge can be squeezed over for extra flavour (if they like).