INGREDIENTS

500 g lean beef mince
2 heads baby cos (Romaine) lettuce
1 tomato, diced
300 g sour cream
1 ½ tbsp. Saveur Taco Spice
1 tbsp. Saveur Californian Onion Mix
1 tbsp. Lemon juice
2 mashed avocado
1 tbsp. Saveur Guacamole Mix
2 tbsp. water
100 g tasty cheese, grated
1 tbsp. olive oil*

METHOD

1. Cut base of lettuce heart to allow leaves to separate. Wash and pat dry cos lettuce leaves to form boats/cups

2. Add 50 g sour cream, 2 mashed avocados and 1 tbsp. Saveur Guacamole Mix to a bowl and stir until well blended. Set aside.

3. In another bowl, add remaining sour cream, ½ tbsp. Saveur Taco Spice, 1 tbsp. Saveur Californian Onion Mix, lemon juice and water and mix until combined. Set aside.

4. In a hot pan, add 1 tbsp. oil and heat.

5. When hot, add mince beef and 1 tbsp. taco spice blend. Stir occasionally until cooked through.

6. In lettuce cup layer meat, tomato, guacamole, sour cream dressing and cheese.

*To make this recipe Dr. Wallach-friendly, substitute butter for olive oil.
This recipe has not been tested with the substituted ingredients, so results may vary.