



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.