

Spicy Mince & Salsa Wraps

I've never really been a savoury mince kind a gal. I remember going to a friends house after school and being horrified when her mother presented us with mince on toast! A firm favourite for many, i know, but not for this lady ... or at least thats what I thought until, boredom of the same old chicken wrap, led me to experiment with this spicy mince recipe, which was inspired by [Chef Pete Evans](#). The family and I enjoy it so much that its become a firm favourite. Even little Hudson is enjoying the mince, I add some spinach, some brown rice and a miellie and he is a very happy little toddler with a big belly. The state of the floor, the feeding chair and him is another story! If you going to try this with your little ones - feed them outside ;-) Hudson's portion has less chilli ... as does Andrew's :)

This dish is perfect for feeding crowds, place all the prepared elements on the kitchen counter for a self service kind of vibe :)

You could substitute the wraps for oven roasted sweet potato slices, for a gluten free take on this dish. Enjoy x



Spicy Mince & Salsa Wraps

Yield: 15 (Great for lunch boxes the next day or for toddler meals which you can freeze)

For the Spicy Mince:

1kg lean beef mince

2 onions, chopped

4 garlic cloves, crushed and turned into a paste

2 red chilli's, seeds removed and finely chopped

2 tsp smoked paprika

2 tsp cumin seeds

2 tsp ground coriander seeds

3 tbsp tomato paste

2 x 400g tins of chopped tomato

salt & pepper

Dash olive oil

For the Salsa: (The salsa never stretches far enough, so be generous here)

6 tomatoes

1 red onion, finely diced

Few generous handfuls of fresh coriander, chopped

Juice of 2 limes

For the Guacamole:

3 ripe avocados, mashed

1 or 2 garlic cloves, crushed and turned into a paste

3 or 4 tbsp lime juice

1 tbsp olive oil

salt & pepper to taste

Method:

For the spicy mince: Put 2 or 3 tablespoons of olive oil into a pot and bring to heat, add the onions, reduce the heat and fry gently for 5 or so minutes until soft. Add the garlic and chilli and cook for a further minute or two before adding the mince. Increase the heat and cook until the meat has browned, stirring continuously to break up the pieces. Add the spices and the tomato paste and cook for a further minute before adding the tinned tomatoes. Once it comes to the boil, lower the heat and simmer for 15 minutes. Season with salt and pepper and set aside.

For the Salsa: Bring a small pot of water to the boil. Place a container with ice water, which will hold all the tomatoes, next to the stove. Using a small sharp knife make a small 'X' insertion on the bottom of each tomato. Gently place the tomatoes in the boiling water for 30 seconds before removing with a slotted spoon and transferring to the ice bath you have waiting. (Do not boil the tomatoes for more than 30 seconds else they will soften and begin to cook). Once the tomatoes have cooled, you can easily peel the skin off, starting from the 'X'. To deseed, cut through the centre of the **tomato** then cut into quarters. Using the small knife, cut through the flesh at the top and pull out the seeds, or use a teaspoon to scoop out. Cut the tomatoes into diced size pieces, add the finely chopped onion (be cautious of the onion overpowering the salsa so start with half the allocation - you can always add more) and the coriander. Add the lime juice, salt & pepper. Taste and adjust seasoning as required.

For the Guacamole: Mix all ingredients together and season with salt and pepper.

Prepare your wraps according to the packaging and plate up ! Additional extras could include some grated mature cheddar and cream cheese.