FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Fake-away Taco Fries



Serves	Prep Time	Cooking	Total Time	Calories
3 people				**471 kcal**

Stuff that's in it:

• 500G 5% Fat Minced Beef

• 120G Red Pepper (Sliced)

• 100G Green Pepper (Sliced)

• 66G Red Onion (Sliced)

• 1 Tbsp Parsley (Finely Chopped)

• 120G Eat Lean Protein Cheese (Cubed)

• 30G Half Fat Cheese (Grated)

• 1 Tsp Oregano

• 1 Tsp Red Chilli Flakes

• 2 Tsp Cumin

• 2 Tsp Paprika

• 35G (Jar) Jalapeños

• 300G Sweet Potato (Sliced Into Chips)

• Take Away Trays Or Metal Baking Dish

• Fry Light

What you do:

Pre heat your oven to 200˚c.

Add your spices to a bowl.

Mix in the mince meat and season.

Pull the meat apart into chunks.

Spray the tin with fry light and mix the peppers onion and meat onto the tray.

Add the cheese cubes, jalapeños and finish with the half fat cheese.

Spray with fry light and bake the fries on a separate tray.

Oven cook for around 25 minutes or until cooked through . . . serve.

Nutrition

• Carbs: 36g

• Fat: 12g

• Protein: 60g

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