FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

One Pan Mexican Meatballs



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**647 kcal**

Stuff that's in it:

- 500G 5% Minced Beef
- 25G Panko Breadcrumbs
- 1 Egg (Large)
- 1 Brown Onion , Chopped (Small)
- 1 Tsp Oregano
- 1/2 Tsp Paprika
- 1/2 Tsp Smoked Paprika
- Salt And Pepper To Taste
- 1 Tbsp Extra Virgin Olive Oil
- 1 Tsp Ground Cumin
- 1 Tsp Sweet Paprika
- 1 Tso Smoked Paprika
- 1 Tsp Ancho Chilli Flakes
- 1 Can Red Kidney Beans (Drained)
- 300G Cherry Tomatoes (Halved)
- 1 Onion , Chopped (Small)
- 3 Cloves Garlic , Chopped

• 1 Red Pepper , Chopped

• 1 Can Chopped Tomatoes

• 1 Tsp Fresh Coriander (Choppped)

• TORTILLA CHIPS

• 100Ml Rapeseed Oil

• 8 Mini Tortilla Wraps

• TOPPINGS

• 1/2 Avocado (Slices)

• 2 Tbsp Soured Cream

• 25G Lighter Mature Cheddar

• Lime Wedges

• 1 Tbsp Fresh Coriander

What you do:

Add half tsp of paprika , 1/2 tsp smoked paprika , 1 tsp oregano and salt and pepper to a mixing bowl , along with 1 egg, 25g panko breadcrumbs and the mince beef, finely chop 1/2 white onion and mix into the mince beef, mix everything up until combined.

Roll out into 20 balls and set aside

Heat a large fry pan and add the oil, pan fry the meat balls all over until brown, remove from the pan and add the remaining onion and gently fry for a minute. Add the red pepper and garlic and fry for another minute. Add the cherry tomatoes and fry for a few minutes until you start to see them breakdown a little. add the chilli flakes, cumin, smoked and sweet paprika and a little salt and pepper to taste, Then add the tinned tomatoes , re fill the can with water and add that too. Add the meatballs back in the pan , bring to a simmer and then allow to cook through slowly for around 15\20 minutes, stirring now and then. Add the kidney beans and chopped fresh coriander then add the cheese and place the lid on top so it melts.

Fold your tortillas in half, then use scissors to cut into triangles

Add 100 ml rapeseed oil to a small fry pan, heat to around 180c, drop 4 triangles in at a time and shallow fry for around 30 seconds each side until golden, remove with tongs onto paper towel to drain the excess oil

Add your sliced avocado over the top of your meatballs and garnish with lime juice and coriander

Serve with your tortilla chips

Enjoy

Nutrition

• Carbs: 66g

• Fat: 22g

• Protein: 44g

• Fibre: 9g

• Saturated Fat: 6g

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