



Chunky Tacos 6 portions

6 Tacos

1 Onion

60gm Red Lentils

1 Small Tin Chopped Tomatoes

1/2tsp Mixed Herbs/Chili Powder

1 Red Pepper

1 Yellow Pepper

1 Courgette

1 tspn Garlic Puree

120gm Grated Cheese



1. Chop all vegetables and fry in a frying pan.
2. Mix with the cooked lentils, chopped tomatoes ,herbs and spices.
3. Place mix in to the taco shells.
4. Sprinkle with cheese and serve.

