

## Bake

4 - 6 portions

500g Beef Mince  
85g Red Split Lentils  
25ml Water  
2 teaspoons oil  
1 Medium Onion  
1 Bell pepper  
1 Teaspoon Garlic Puree  
1 Teaspoon Ground Cumin  
1 Teaspoon Oregano or Mixed Herbs  
1 x 400g Tinned Chopped Tomatoes  
2 Teaspoons Tomato Puree  
1 Teaspoon Vegetable Bouillon  
150g Bag Nachos or Tortilla Chips  
85g Grated Cheese



### Method

1. Heat the oil in a pan and sauté the beef and onions until the meat is cooked through and the onions are translucent and soft
2. Drain off any excess fat.
3. Return the meat mixture to the pan and add the peppers, garlic and spices. Cook on a medium heat until the spices become fragrant. This will take 2-3 minutes.
4. Add in the lentils, chopped tomatoes, tomato paste, vegetable stock and water.
5. Reduce the heat, cover and simmer for 45-60 minutes to cook the lentils and develop the flavour. If the mixture looks too dry at any point, add more water.
6. Break up the chips into small pieces and mix together with the cheese.
7. Once the meat mixture has cooked and the lentils have broken down, spread the mixture into a tin and top with the cheese mixture.
8. Bake at 200C for 7-15 minutes until the taco shells are crispy and the cheese is golden and bubbly.

