

# Muffin Mexicana with Avocado Salsa

Traffic light category: **Green**

Serves: 10

## Ingredients

- 1 carrot grated
- ½ onion finely diced
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 clove garlic finely chopped
- 300g lean beef mince
- 400g tin Heinz five bean mix, drained and rinsed
- ½ cup salt reduced beef stock
- 1 packet English muffins
- 1 cup reduced fat cheese, finely grated
- 1 avocado, diced
- 1 tomato, diced
- Juice of ½ lemon
- 1 tablespoon parsley finely chopped

## Method

1. Heat large fry pan, add carrot, onion, spices and garlic, cook for 1 minute
2. Add mince and brown for 5 minutes. Add beans and stock and simmer 5 minutes
3. Halve the muffins and place a large spoonful of mixture on each half
4. Sprinkle with cheese and place under grill
5. Meanwhile mix avocado, tomato, lemon and parsley in small bowl
6. To serve, place muffin on plate or napkin, top with a tablespoon of salsa.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1283 kJ	576.6 kJ
Protein	20.5 g	9.2 g
Total fat	7.5 g	3.4 g
Saturated fat	2.5 g	1.1 g
Carbohydrate	33.7 g	15.1 g
Sugars	4.3 g	1.9 g
Dietary fibre	8.1 g	3.6 g
Sodium	546.9 mg	245.6 mg



*Supporting healthy choices*

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