

INGREDIENTS

2 tsp olive oil
1 onion (finely chopped)
2 zucchini (coarsely grated)
2 carrots (coarsely grated)
2 garlic cloves (crushed)
30g taco seasoning mix (homemade or store bought)
500g lean beef mince
2 tbsp tomato paste
400g canned diced tomatoes
5 tortilla wraps
1 cup cheese
½ cup light sour cream
Fresh coriander
Oil spray
TO SERVE (See Episode 1 - "Mince, from Italy to Mexico" for these recipes)
Guacamole
Salsa (or Pico de Gallo)
Brett's quick pickled onions

INSTRUCTIONS

1. Heat oil in a large non-stick frying pan over medium heat. Cook onion, stirring, for 5 minutes or until softened. Add zucchini and carrot and cook, stirring, for 3 minutes or until tender. Add garlic, seasoning and mince and cook, stirring to break up lumps, for 5 minutes or until browned. Add paste and tomatoes and bring to the boil. Reduce heat and simmer, uncovered, for 5 minutes or until sauce has slightly thickened
2. Remove mix and clean out pan, spray with oil and return to medium heat.
3. Place 1 tortilla over base of pan. Top with 1 cup of beef mixture then cheese and coriander, pickled onions etc. Turn and repeat layering with remaining tortillas combinations, finishing with a tortilla. Continue to crisp each bottom before adding the next layer. This is fun and challenging at the same time.

TOP TIP

The mince mixture freezes really well, so if you don't use it all, or want to make a double batch, pop the leftovers in the freezer for up to 3 months.



Quesadilla Stack

Original recipe submitted by Carol Anne, Hamilton



4 servings



45 minutes

This is a recipe which Carol Anne found and has since adapted to her own tastes and preferences, and the result is one very tasty plate of food! Perfect for a shared brunch or lunch.

Originally the tortilla wraps and mince layers were stacked in a 20cm round springform cake tin and baked in the oven - so if you don't quite fancy the challenge of flipping the stack in the pan, then try this option instead.