

TACO BOATS

Equipment needed –

Small knives, chopping boards, frying pan, garlic crusher, colander, measuring spoons (teaspoon), measuring cups (1/4) 3 small serving bowls and 3 serving platters.

Ingredients from the Garden –

- 2 small onions, finely chopped
- 2 cloves of garlic
- Lettuce leaves
- 4 tablespoons chopped parsley
- 2 tomatoes finely chopped

Ingredients from the Pantry –

- 2 cans of brown lentils
- 2 cans of red kidney beans
- 2 cans of chopped tomatoes
- Freshly ground pepper
- 2 pinches of chilli powder
- 3 teaspoons of ground cumin

What to do –

1. Peel and finely dice the brown onions and set aside.
2. Peel and crush the garlic and set aside.
3. Cook the onion and garlic in a frying pan with 2 tablespoons of water until the onions soften.
4. Open the cans of lentils and empty into a colander over the sink. Rinse well with cold water and drain.
5. Stir the lentils into the onion mixture and cook over a high heat.
6. Measure out 3 teaspoons of ground cumin and add to the lentil mixture. Add 2 pinches of chilli powder and continue to cook over a high heat.
7. Open the can of kidney beans, empty into a colander and rinse well with cold water. Add the kidney beans to the lentil mixture.
8. Open the can of tomatoes, and add to the lentil mixture. Season with freshly ground pepper and add ¼ cup of water. Reduce the heat and simmer for 15 minutes until the mixture has thickened.
9. Meanwhile, carefully wash and dry the lettuce leaf cups and divide amongst 3 serving platters.
10. Meanwhile, wash pick and finely chop the parsley.
11. Divide the mixture amongst 3 serving bowls, and sprinkle each with some finely chopped fresh parsley.
12. To serve, spoon some of the lentil mixture into the lettuce leaves, sprinkle with some grated cheese, fresh tomato and a dollop of yoghurt.

Serves –

- 28 students.