



Cooking With Skye



At KingKids Berwick, we are very lucky to have Skye. Skye is the cook here & the kitchen is her kingdom. Skye takes a lot of pride in the recipes she brings forward & even the presentation of the food.

We will be sharing some of her most famous recipes with you all so that you are able to recreate these dishes at home!

Skye thought we will start with something simple for our first ever KingKids blog entry; Taco's!

Ingredients-

To prepare while cooking:

- 1 tablespoon of olive oil.
- 1 red onion (finely chopped).
- 2 cloves garlic (chopped).
- 500g of lean beef mince.
- 35g pkt of Mexican Seasoning.
- 500ml of beef stock.
- 400g can black or turtle beans, rinsed & drained.
- 1 avocado (mashed).
- 1 lemon or lime (rind finely grated & juiced).
- 2 tablespoons of chopped coriander.
- 2 tablespoons of chopped mint.

To serve with the tacos:

- Soft/hard taco shells.
- Lettuce.
- Tasty cheddar cheese.
- 1 tomato (chopped).
- Pickled jalapenos.
- Sour cream.

Method-

Step 1

Heat the oil over medium-high heat in a large frying pan. Add the onion & cook, stirring for 2 minutes. Add the garlic & cook for 1 minute. Add the beef, cook, stirring & breaking the lumps up with a wooden spoon until the beef is browned (about 8-10 minutes). Add the seasoning & stir through.

Step 2

Pour in the stock & beans. Bring to boil, reduce heat & simmer for 10-15 minutes or until the stock has reduced & the mixture is thickened. Remove from heat.

Step 3

Meanwhile, heat taco shells in the oven according to packet instructions.

Step 4

Combine the avocado, lemon or lime rind & juice, coriander & mint in a bowl & season with salt & pepper, mix well.

Step 5

To assemble, place some lettuce in the base of each taco. Top with beef mixture, cheese, tomato, guacamole, jalapenos & sour cream. Serve.

