

# 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.

*Recipe adapted with permission from the  
Western Australian School Canteen Association Inc.*

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