Recipe

Mexican Seasoning

Serves: 8 | Prep Time: 15 min | Difficulty: Easy

This versatile seasoning blend is your secret ingredient for creating colourful, flavour-filled meals the whole school will love



Ingredients

- 4 tbsp mild chilli powder or sub with sweet paprika for no heat.
- 3 tbsp ground cumin
- 2 tbsp smoked paprika
- 2 tbsp onion powder
- 2 tbsp garlic powder
- 1 tbsp dried oregano
- 1 tbsp corn flour
- 2 tsp salt
- 1 tsp ground black pepper

Method

1. Whisk all ingredients thoroughly in a bowl, or place into a clean, airtight glass container and shake vigorously until well combined.
2. Store in a cool, dry pantry for up to 6 months
3. Use 2 tablespoons of mix for every 500g of lean meat (beef, turkey, or chicken mince, or diced chicken breast) or cooked lentils.
4. To create the sauce: brown the mince, drain any excess fat, add 2 tablespoons of seasoning, and stir in ¼ cup of no-added-salt tomato paste and ½ cup of water. Simmer for 5 minutes to thicken.
5. To stretch your budget and increase the nutritional rating, mix the seasoned meat half-and-half with rinsed canned brown lentils or finely grated zucchini and carrots.

Serving suggestions

- Serve mince with brown rice, salad and top with guacamole and a dollop of Greek yoghurt for a fresh burrito bowl
- Cut and bake tortilla wraps into “chips”, serve with mince and a fresh side salad of shredded lettuce, diced tomato, capsicum, cucumber and corn kernels. Option to top with shredded cheese and guacamole.
- Make soft tacos using an approved wrap and fill with mince and ½ cup salad and shredded cheese