



1 Make veg-packed tacos

Give yourself a boost of energy with a well-balanced lunch.

What you need

- One tsp oil
- 400g tin of kidney beans
- Taco spices (smoked paprika, cumin, garlic powder and onion powder)
- One tin of sweetcorn
- Eight cherry tomatoes
- One lime juice
- Bunch of coriander
- One avocado
- Handful grated cheese
- Mini tortilla wraps
- Two small bowls
- Chopping board
- Knife
- Frying pan
- Wooden spoon

Instructions

- 1** Mix one tsp of smoked paprika, cumin and garlic powder in a bowl, and add ½ tsp of onion powder. This is your taco seasoning.
- 2** Ask an adult to help you to put a pan on the hob and add oil. When hot, pour in the drained, rinsed kidney beans and set on low. After about five minutes, stir in the taco spices and simmer for three minutes.
- 3** Meanwhile, mix the chopped tomatoes, chopped avocado, fresh coriander and lime juice in a bowl and set aside. Rinse your sweetcorn and put it in another bowl.
- 4** When the beans are cooked, put some into a mini tortilla wrap along with the avocado and tomato salsa, and sweetcorn. Finish off with grated cheese. Keep filling tacos until you have no more mixture left.



How does it work?

Tacos are a great way to eat a well-balanced meal. There are four key food groups that everyone needs for a healthy diet: carbohydrates, healthy fats, protein and fibre. Tacos mix and match these four ingredients to make sure that you get all of these food groups in one meal. Kidney beans are packed with protein and fibre, while tortilla wraps are made of carbohydrates. Healthy fats come from avocado and cheese. Adding a rainbow-coloured variety of vegetables will give you lots of other nutrients that your body needs, too.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at tinyurl.com/SN-allergy

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