

LEFT-OVER TACO POTS

A great way to make use of some tasty leftovers to make a quick snack lunch.

Serves 1

Per serving: 173 Calories, 7.3g fat

Prep time 5 mins

Cook Time 20 mins

INGREDIENTS

- 1 small soft tortilla wrap
- 1½ tbsps leftover chilli con carne
- 2 tsps reduced-fat Cheddar cheese, grated
- 1 spring onion, root removed, and sliced

METHOD

1. Preheat the oven to 180°C, 350°F, Gas Mark 4.
2. Use a muffin tin and line one mould with the soft tortilla. Fill with the chilli con carne, and sprinkle over the grated cheese.
3. Place in the oven and bake for 15 - 20 minutes until golden brown.
4. Serve hot or cold with the spring onion sprinkled over the top and a side salad.

