

30 minutes

Serves 4

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Ingredients

- 500g extra-lean beef mince
- Salt and milled pepper
- Olive oil
- 1 red onion, diced + extra to serve
- Pinch chilli flakes
- 2 tsp (10ml) ground coriander
- 1 tsp (5ml) each ground cumin, dried oregano and smoked paprika
- 1 sachet (50ml) tomato paste
- Pinch of sugar
- 1 cup (250ml) water

For serving:

- Toasted sourdough bread
- Sour cream
- 2 avocados, halved and sliced
- Sliced pickled jalapenos
- Lime wedges

Method:

1. Season mince and brown in oil.
2. Add onion and cook until soft.
3. Sprinkle over spices and stir-fry for a minute.
4. Add tomato paste, sugar and water and simmer for 15 minutes until liquid has reduced and mince is glossy. Season if needed.
5. Spread toast with a generous dollop of sour cream.

6. Spoon mince onto toast, top with avocado, red onion slices, jalapenos and sour cream and serve with lime wedges.

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