

MINCE & BARLEY CUPS

Makes 12

Hands-on time: 25 minutes

Hands-off time: 50 minutes

INGREDIENTS

1½ cups IMBO Pearl Barley

6 large tortilla wraps

2 tbsp oil

½ cup chopped onion

200g beef mince

½ cup diced red pepper

½ cup finely chopped broccoli

2 tbsp tomato paste

1 tsp each salt and pepper, to season

1 cup grated cheddar cheese

Serving suggestion:

Fresh leafy salad

METHOD

1. In a large pot, bring the IMBO Pearl Barley and 2 cups of water to a boil over a medium-high heat. **Chef's Tip: Lay a wooden spoon across over the mouth of the pot to prevent the water from bubbling over.*
2. Cook the barley for 40 minutes or until it is soft and chewy. Drain the water and allow to cool.
3. Preheat the oven to 180°C and grease a 12-hole muffin tray with non-stick spray.
4. Place the tortilla wraps on top of each other and carefully cut the layered wraps into quarters. Press two quarters of a wrap into a muffin hole, folding in to create a cup. Repeat until all the holes are filled.
5. Par-bake the cups in the oven for 7 minutes to lightly brown and crisp up. Carefully remove the tray from the oven using oven mitts. Set aside.
6. In a pan over a medium-high heat, add the oil, onion and beef mince and sauté for 15 minutes or until the mince is brown on all sides and almost cooked through.
7. Add the diced pepper, broccoli and tomato paste, stirring as it cooks to soften. Season to taste with the salt and pepper.
8. Add the cooked mince mixture to the barley along with ½ cup of cheese. Stir to combine.
9. Divide the mixture into the prepared muffin tray and top with a sprinkle of the remaining cheese.
10. Bake in the oven for 10-15 minutes or until the top is lightly browned and crisp. Remove the tray from the oven with oven mitts and allow to slightly cool.
11. Serve 2 cups while warm alongside a fresh leafy green salad and ENJOY!

CURRIED CHUNKY VEG & BEAN CUPS

Makes 12

Hands-on time: 25 minutes

Hands-off time: 2 hours

INGREDIENTS

- 1 cup IMBO Red Speckled Beans
- 6 large tortilla wraps
- 2 tbsp oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 tsp mild curry powder
- 1 cup finely diced, cooked butternut
- ½ cup sweet corn kernels
- ½ tsp each salt and pepper, to season
- ½ cup grated cheddar cheese

Serving suggestion:

- Mashed avocado
- Piquanté peppers, sliced
- Fresh coriander sprigs

METHOD

1. Pour the IMBO Red Speckled Beans into a medium pot. Pour 2 cups of cold water to the pot and bring to a boil for 5 minutes. Switch off the heat and allow the beans to soak for an hour in the boiled water. Drain the beans, refill the pot with 2 cups of cold water and bring to a boil. Reduce the heat and allow to simmer, covered, for 40-50 minutes, or until soft. Drain and set aside.
2. Preheat the oven to 180°C and grease a 12-hole muffin tray with non-stick spray.
3. Place the tortilla wraps on top of each other and carefully cut the layered wraps into quarters. Press two quarters of a wrap into a muffin hole, folding in to create a cup. Repeat until all the holes are filled.
4. Par-bake the cups in the oven for 7 minutes to lightly brown and crisp up. Carefully remove the tray from the oven using oven mitts. Set aside.
5. In a large pan over a low heat, add the oil and sauté the onions and garlic until soft, 3 minutes. Stir in the curry powder to evenly mix. Add in the butternut, and sweetcorn and season to taste with the salt and pepper. Remove the pan from the heat.
6. Pour the drained beans into the pan and stir to combine with the vegetables.
7. Portion the bean and vegetable mixture into the pre-baked tortilla cups. Divide and sprinkle the cheese on top of each cups and bake for 10-15 minutes, or until golden and the cheese has melted. Allow to slightly cool.
8. Serve on a large platter alongside mashed avocado and sliced piquanté peppers. Garnish with fresh coriander, serve and ENJOY!

CHICKEN & LENTIL CUPS

Makes 12

Hands-on time: 25 minutes

Hands-off time: 50 minutes

INGREDIENTS

1 cup IMBO Whole Brown Lentils, rinsed

6 large tortilla wraps

2 tbsp oil

1 onion, finely chopped

1 large carrot, finely diced

3 cloves garlic, crushed

½ tsp ground cumin

1 tsp each salt and pepper, to season

1½ cups shredded rotisserie chicken

½ cup grated cheddar cheese

Serving suggestion:

Chutney

Fresh coriander, chopped

METHOD

1. Pour the IMBO Whole Brown Lentils into a medium pot. Pour 2 cups of cold water to the pot and bring to a boil, reduce the heat and allow to simmer for 30-35 minutes. Drain and set aside.
2. Preheat the oven to 180°C and grease a 12-hole muffin tray with non-stick spray.
3. Place the tortilla wraps on top of each other and cut the layered wraps into quarters. Press two quarters into a muffin hole, folding in to create a cup.
4. Par-bake the cups in the oven for 7 minutes to lightly brown. Carefully remove the tray from the oven using oven mitts. Set aside.
5. In a large pan over a low heat, add the oil and sauté the onions with the carrots and garlic until soft. Add in the cumin and the salt and pepper, and stir to combine.
6. Add the seasoned vegetables and chicken to the lentils, stirring to combine.
7. Portion the chicken & lentil mixture into the pre-baked cups, sprinkle the cheese on top and bake for 10-15 minutes, or until golden and the cheese has melted. Allow to cool slightly before carefully transferring the cups to a platter.
8. Garnish with chutney and fresh coriander sprigs. Serve and ENJOY!