

MEXICAN SPICED SOYA MINCE



Time: 10 minutes

Serves: 4

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This spicy soya mince is a super-fast and easy option to add a protein rich but low saturated fat option to your meals.

This Mexican spiced soya mince is ideal in a fajita, but can also be added to a salad to make it more filling, or simply eaten as a snack drizzled with yogurt or salsa.

The beauty of it is that by switching the salad or the dressing you can make a fast and tasty meal that doesn't feel repetitive.

The soya mince is ready in minutes. You can buy fajita spice mixes ready made in the shop, but they often have anti-caking additives or other less ideal ingredients, so I make my own (recipe below).

The soya mince I use in this recipe is Linda McCartney's vegemince which is available at [Tesco](#), [Sainsburys](#) and [Waitrose](#), (click on supermarket name for the link), but there are a lot of other soya mince options available these days, so feel free to experiment.





INGREDIENTS

Legumes & Lentils

250g Soya Mince

Wholegrains

wholegrain flatbread

Fruit & Veg

Any salad vegetable you enjoy.

Spices

2-3 tsp Fajita spice mix
(see below)

1/2tsp Mustard seeds (optional)

Oil

1 tblsp Olive oil

Fajita Spice Mix

1 tsp chilli powder
1tblsp smoked paprika powder
1 tblsp cumin powder
1tblsp garlic powder
1tsp coriander powder
1tblsp dried oregano

METHOD

Fajita Spice Mix Recipe

1. Mix together the chilli powder, smoked paprika, cumin, garlic, coriander powders and dried oregano.
2. Mix well and store in a dry container.

Spiced Soya Mince Recipe:

1. Defrost the soya mince. This can be done in a microwave for 1 - 2 minutes, or left out for an hour so that the mince is not sticking together as a frozen clump.
2. Heat 1 tablespoon of olive oil in a pan until hot (it will swirl smoothly around the pan once hot).
3. (optional) Add half a teaspoon of mustard seeds. Let them crackle.
4. Add the soya mince to the pan.
5. Add 2-3 teaspoons of fajita seasoning mix- Recipe is given in the ingredients. Add less or more seasoning according to taste.. Coat the soya mince in this.
6. Place a lid on the pan and heat over a low flame for 2-3 minutes to ensure that the mince is heated through..
7. Remove the lid, and heat on a high heat for a minute or so to ensure all moisture evaporates, to give a dry texture to the spiced soya mince.

Enjoy in a wrap with salad and hummus or a tangy salsa.

Enjoy!

