

# TACOS WITH SAUSAGE, BELL PEPPER AND COURGETTE

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2 persons / 551 kcal per portion

## Ingredients:

- 135 grams Catalan bratwurst
- ½ zucchini
- 25 grams of sun-dried tomatoes in oil (drained weight)
- ½ tablespoons of oil
- 370 grams bean mix kidney, brown & white beans
- 110 grams taco sauce mild
- 6 taco shells
- 40 grams butter lettuce



## Preparation:

Preheat the oven to 180°C. Remove the skin from the sausage. Cut the zucchini in half lengthwise and cut into thin slices. Cut the sun-dried tomatoes into thin strips. Heat the oil in a frying pan and brown the sausage meat over medium heat in 2 minutes. While cooking, push the meat into small pieces with a wooden spoon. Add the zucchini and cook for 2 minutes. Rinse and drain the beans and add together with the taco sauce. Cook on low heat for 5 minutes. Stirring frequently. Meanwhile, heat the taco shells in the oven for about 5 minutes. Place the shells in a bowl. Fill them with the butter lettuce and the sausage mixture and garnish with the strips of sun-dried tomatoes.

## Nutritional value per portion:

Energy:	551 kcal
Protein:	25.4 grams
Carbohydrates:	41.4 grams
- including sugars:	6.1 grams
Fat:	25.8 grams
Fiber:	14.1 grams
Salt:	2.0 grams