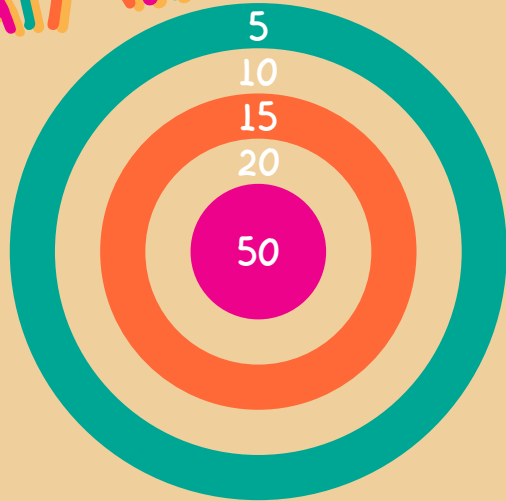


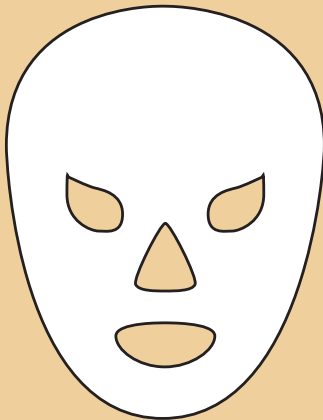
TAKE
AIM...



Place this target down on the ground. Hold one pea from your tin at shoulder height. Can you drop it onto the target and score points?

DRAW YOUR MASK!

1. Red
 2. Mighty
 3. Sparkly
 - 4 Super
-
- A. Unicorn
 - B. Pirate
 - C. Elf
 - D. Tiger



Ask someone around you for a number between 1 and 4, and a letter between A and D. Then put them together, and that is your Mexican Wrestler name! Can you decorate this mask to suit your sporting identity? (ie. if you get 2C, then you are the Mighty Elf!)



mealsnetwork.org.uk

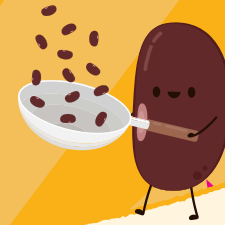
We hope
you enjoy
your meal!

We think you're awesome and we are glad to be on the same team as you in the great game of growing up!

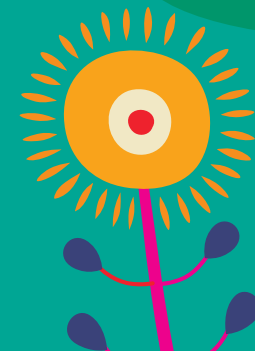
We all need a little help every now and again. If you find you need another Meals box there are more available and other options to choose from. We hope you enjoy your Meal.

Allergy Advice

We have tried to make this recipe gluten free, BUT please check the labeling on each individual ingredient if you have any food allergies or intolerances. Usually common allergens are labelled in **bold**.



Taco time



INSIDE YOUR BOX

- Rice
- Sweetcorn
- Peas
- Kidney Beans
- Chopped tomatoes
- taco seasoning
- tacos

Let's get cooking!



HOLA, AMIGOS!

Welcome to your Meal box. You're just minutes away from a tasty dinner - we hope you enjoy it! Follow these instructions (or freestyle it if you're a master-chef) and tuck in!



Pop your oven on to about 190°C



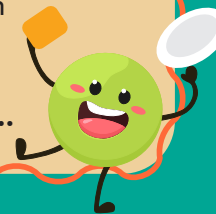
- 1 Boil half a pan of water and put the rice on to cook according to the packet instructions. We find that about a mug full of uncooked rice is more than enough for a family of 4 for this recipe.
- 2 Open all the tins, drain the water from the kidney beans, sweetcorn and peas and give the kidney beans a good rinse. Then add all the tinned ingredients to the pan.
- 3 Put the pan on the oven hob and turn the heat to medium. Give everything a good stir and add the seasoning mix. To make it spicy, add the whole packet. If you like things milder, don't add as much.
- 4 When the rice is cooked, drain off any water and then mix about half of the rice in with all the spicy veg mix.
- 5 Pop your tacos on a tray in the oven for 5 minutes before you fill them up.
- 6 Fill a taco with the rice and veg mix. If you have a bit of cheese, grate some on top for extra deliciousness. You can have the leftover rice on the side.



CONGRATULATIONS!

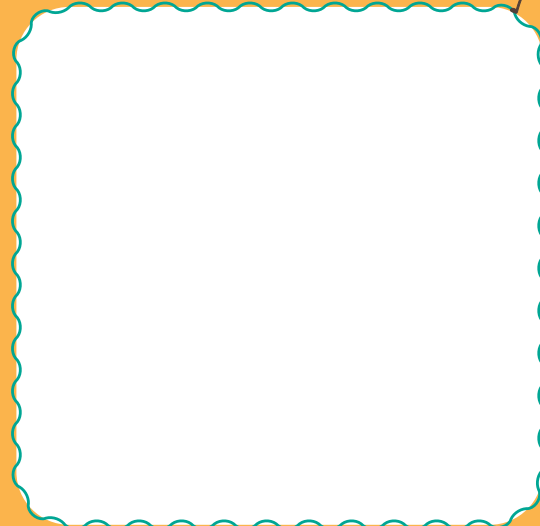
You just made tacos! Now enjoy them (watch out, they can be messy to eat!).

Don't forget to help with the washing up...



ART A-TACO!

What was the last animal you saw today, in real life or maybe in a book, game or film? What's your favourite sport? And... can you draw that animal doing that sport in the box below? I bet you can, you talented little artist!



COLOUR ME IN!

