



# Low FODMAP Tacos

Serves: 6

Prep: 20 minutes

Cook: 10 minutes



Ingredients	Metric	Imperial
<b>Taco Seasoning</b>		
2 ½ tsp cumin, ground	5 g	0.2 oz
1 ½ tsp smoked paprika	4.5 g	0.16 oz
1 tsp chili powder (or to taste)	1 g	0.1 oz
1 tsp dried oregano	3 g	0.1 oz
½ tsp cracked black pepper (or to taste)	1 g	0.03 oz
<b>Taco protein filling</b>		
Chicken, fish or ground beef	500 g	16 oz
1tbsp olive oil	16 g	0.6 oz
<b>Taco Fillings</b>		
1 cup of lettuce leaves, sliced	60 g	2.1 oz
2 medium tomatoes, diced	300 g	7 oz
1 small jalapeno (or to taste)	29 g	1 oz
12 corn taco shells	168 g	5.9 oz
1 avocado, mashed	160 g	5.06 oz
1 cup shredded tasty cheese	120 g	4.2 oz
1 cup chopped fresh cilantro/coriander	16 g	0.6 oz
1 dollop sour cream (lactose free if required) per person	100 g	3.5 oz

## Method

1. Mix together the taco seasoning ingredients in a jar.
2. Heat oil in a fry pan and add the taco seasoning, stir for 30 seconds or until fragrant. Add meat of choice and cook through.
3. Assemble tacos with all preferred fillings, keeping avocado to 1 tbsp and top with coriander and sour cream.

Nutrition Information (per serve)	
<b>Energy</b>	1885 Kj / 451 cal
<b>Protein</b>	26.50g
<b>Carbohydrates</b>	18.00g
<b>Sugar</b>	2.20g
<b>Total Fat</b>	29.20g
<b>Saturated Fat</b>	11.30g
<b>Fibre</b>	5.50g