

Easy Low FODMAP Beef Tacos with Homemade Slaw

Monash FODMAP Certified Recipe by A Little Bit Yummy

Serves: 4

Prep: 15 minutes

Cook: 15 minutes



Ingredients	Metric	Imperial
HOMEMADE SLAW		
3 cups Iceberg lettuce		
1 cup Red cabbage	90 g	3.2 oz
1 large Carrot	120 g	4.2 oz
3 tbsp spring onion / green onion (green leaves only, finely chopped)		
2 tsp Lemon juice		
Season with salt and pepper		
TACO SPICE MIX		
1 tsp Dried oregano		
1 tsp Paprika		
1 tsp Smoked paprika		
1 tsp Ground cumin		
½ tsp Ground coriander		
¼ tsp Chilli powder (optional)		
½ tsp Salt		
¼ tsp Black pepper		
BEEF MIX		
Lean ground beef	500 g	17.6 oz
2 tsp Garlic infused oil		
1 cup Leek (green leaves only, finely chopped)	80 g	2.8 oz
½ cup Green bell pepper / capsicum (diced)	65 g	2.3 oz
4 tbsp Tomato paste		
½ cup Water	125 g	4.2 oz
TO SERVE		
12 Hard shell corn tacos (3 taco shells per serving)		
4 tbsp Sour cream or mayonnaise		
1 cup cheddar, Colby or vegan cheese (grated)	112 g	4 oz
2 tbsp Fresh coriander/cilantro (optional, chopped)		

Method

1. Make the slaw: Wash and finely slice the iceberg lettuce and red cabbage. Peel and grate the carrot. Finely slice the green leaves of the spring onion/green onion. Place the slaw ingredients in a bowl and add a squeeze of lemon juice. Season with salt and pepper, then mix well.
2. Make the taco spice mix: In a small glass or bowl mix the oregano, paprika, smoked paprika, cumin, ground coriander, chilli powder, salt and black pepper.
3. Prep the beef ingredients: Deseed and dice the green bell pepper/capsicum and finely chop with green leek leaves
4. Cook the beef: Place a larger non-stick frypan over medium-high heat. Once hot add the garlic infused oil and brown off the beef with the green bell pepper/capsicum and leek leaves until the beef is slightly crispy. Next, add the taco spice mix and fry for 1 minute until fragrant. Then add the tomato paste and water and mix well. Turn down the heat to medium-low and allow to gently simmer until the liquid evaporates.
5. Heat the corn tacos according to the packet instructions.
6. Assemble the tacos: Fill each taco shell with a mixture of coleslaw and beef, then top with a dollop of sour cream or mayonnaise and cheese. Garnish with fresh coriander/cilantro if desired. Serve any extra beef and slaw on the side. Enjoy!

Hints

FODMAP notes: Sour cream has a small low FODMAP serving size that can be enjoyed in the first phase of the low FODMAP diet. Check the Monash University FODMAP Diet App for more information.

Dairy Free option: Use mayonnaise instead of sour cream and choose a vegan cheese.

Nutrition Information (per serve)	
Energy	2691 Kj / 643 cal
Protein	37.78g
Carbohydrates	26.77g
Sugar	7.80g
Total Fat	41.08g
Saturated Fat	15.18g
Fibre	7.68g