

Low FODMAP Tacos



 Serves: 6  Prep: 20 minutes  Cook: 10 minutes  Stack Cup

Make your own simple taco seasoning for this Mexican favourite and you can have tasty tacos whenever you feel. This is also a great recipe for families as you can choose your low FODMAP toppings and others can add FODMAPs as tolerated.

Metric

Imperial

ingredients

Taco Seasoning

2 ½ tsp cumin, ground **5 g**

1 ½ tsp smoked paprika **4.5 g**

1 tsp chili powder (or to taste) **1 g**

1 tsp dried oregano **3 g**

½ tsp cracked black pepper (or to taste) **1 g**

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| Taco protein filling | |
| chicken, fish or ground beef | 500 g |
| Tbsp olive oil | 16 g |
| Taco Fillings | |
| 1 cup of lettuce leaves, sliced | 60 g |
| 2 medium tomatoes, diced | 300 g |
| 1 small jalapeno (or to taste) | 29 g |
| 12 corn taco shells | 168 g |
| 1 avocado, mashed | 160 g |
| 1 cup shredded tasty cheese | 120 g |
| 1 cup chopped fresh cilantro/coriander | 16 g |
| 1 dollop sour cream (lactose free if required) per person | 100 g |

Method

Step 1

Mix together the taco seasoning ingredients in a jar.

Step 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.

Step 3

Assemble tacos with all preferred fillings, keeping avocado to 1 tbsp and top with coriander and sour cream.