



## LOW FODMAP TACOS

### ingredients

- corn tortillas
- 1 avocado
- 1 large tomato (optional)
- 200g cheddar cheese
- lactose-free sour cream
- jalapeno
- 1.5 mixed lettuce or spinach
- 1 corn cob (optional)
- mince beef (or vegan alternative\*)
- 1 tsp smoked paprika (important!)
- 1/2 tsp coriander powder
- 1/2 tsp cumin
- 1/4 - 1 tsp chilli powder (to taste)
- 1/4 tsp cayenne powder (optional)
- 1 tablespoon tomato paste (optional)
- 1 tablespoon cornflour
- 100ml water
- Salt & pepper

#### Vegan meat alternatives:

- 1 tin of mixed beans and/or
- 1 tin of jackfruit

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### directions

- **Guacamole:** Mash the avocado in a small bowl, add the juice of 1/2 lemon, some finely chopped jalapeno and some chopped tomato. Add a dash of tabasco sauce and some salt & pepper to taste.
- **Cheese:** Grate & place in bowl
- **Lettuce:** Roughly cut mixed lettuce/spinach
- **Sour cream** pour sour cream bowl
- **Corn:** Steam corn then cut kernals off with a knife and place in another bowl.,
- **Beef:** Cook some beef mince until brown then add the spices listed. Cook for a further 2 minutes then add about 100ml water and let it cook for a couple more minutes. Then get a small cup and put 1 tablespoon cornflour and enough cold water to dissolve it fully and add to the frypan, mixing thoroughly. Then add a tablespoon of tomato paste (or tomato sauce). And add extra water as required. If it is too spicy add some lemon juice to tone the flavour down.
- **Tortillas:** fry them individually in a frypan and stack them on a plate placed in a low oven



Rekindled  
Wellness