



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 chili powder (to taste)
- 1/4 tsp cayenne powder (optional)
- 1 tablespoon tomato paste (optional)
- 1 tablespoon cornflour
- 100ml water
- Salt & pepper

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 kernels 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.