



Beef Tacos

50 minutes

Hands on

6

Portion(s)

2

Difficulty



Method

For the taco shells

- Preheat oven to 180* C (350* F) Fan.
- Place a pan over medium heat and let it get very hot.
- In a bowl, lightly whisk the flour, water and salt for 1-2 minutes, until there are no lumps.
- Add 1/6 of the mixture to the pan.
- Cook for 40-50 seconds on each side, until golden.
- When ready, remove from pan and repeat the same process for the remaining 5 tortillas and set them aside until needed.
- Overturn a muffin pan. Fold each tortilla in half and place between the muffin molds.
- Bake for 20-30 minutes, until crunchy.
- When ready, carefully remove the tortillas and set them aside to cool.

For the filling

- Place a pot or a deep pan over medium heat and add the olive oil.
- Add the onion. Stir and sauté until it softens.
- Turn up the heat and add the ground meat. Break up the meat and stir every so often until it browns nicely.
- When ready, lower heat and add the tomatoes, chili pepper and canned tomatoes. Stir to combine.
- Season with salt and pepper, cover pot and simmer for 20-30 minutes. Stir every so often until it is ready.

To serve

- Fill the taco shells with the filling and add all of the toppings - tomatoes, onion and lettuce or any of your personal favorites.

Ingredients

For taco shells

- olive oil, for brushing
- 80 g chickpea flour
- 220 ml water
- ½ teaspoon salt

For filling

- 1 tablespoon olive oil
- ½ onion, finely chopped
- 1 tomato, finely chopped
- 250 g lean ground beef
- ½ - 1 chili pepper, seeds removed and thinly sliced
- 200 g can chopped tomatoes
- salt

To serving

- tomatoes, chopped in to small cubes
- thinly sliced onions
- lettuce leaves

Διατροφικός πίνακας

Nutrition information per portion

147 Calories (kcal)	5.3 Total Fat (g)	1.4 Saturated Fat (g)	10.2 Total Carbs (g)
7%	8%	7%	4%
3.2 Sugars (g)	12.9 Protein (g)	2.2 Fibre (g)	0.59 Sodium (g)
4%	26%	9%	10%