



TACO RECIPE



INGREDIENTS

- 1 500g minced beef/turkey, shredded chicken or pulled pork
- 2 Packet taco seasoning or use our recipe below
- 3 Grated cheese of choice
- 4 Salad of choice (lettuce, tomatoes, cucumber)
- 5 Sweetcorn, peppers, avocado, red cabbage - individual choice
- 6 Tomato salsa, sour cream, yoghurt - topping of choice
- 7 Shell of choice - soft tortilla wrap or hard taco shell

Olive oil for frying



INSTRUCTIONS

- 1 Heat olive oil in a pan over medium heat and cook the mince beef/turkey (or chicken/pork) until browned.
- 2 Add the seasoning mix with 2-3 tbsp of water. Mix until coated well.
- 3 Warm the taco shells in the oven or microwave according to the package instructions.
- 4 Assemble your tacos in any order you like - add what you want and leave what you don't.
- 5 Garnish with additional toppings like salsa, lime, or hot sauce for an extra kick!

TIP

For a vegetarian option, swap the meat with beans or roasted vegetables.



TACO RECIPE

TACO SEASONING RECIPE

Child and sensory friendly

- 1 tsp paprika (use sweet, not smoked, for a milder flavour)
- 1 tsp dried oregano
- 1 tsp cumin (optional – skip if it's too strong)
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp mild chilli powder (optional – leave out for sensitive eaters)
- Pinch of salt (optional or to taste)

💡 No spice tolerance? Use just paprika and oregano to start – that gives a gentle taco flavour!

💡 Add a touch of maple syrup or honey if you prefer sweeter flavours

💡 Stir in yoghurt or cream cheese for a milder, creamy version

