

Steak Strip Tacos

prep time: 10 minutes

cooking time: 20 minutes

serves: 1



Taco Shells

Makes 2 taco shells

Ingredients:

- 60g shredded cheddar cheese

Method:

1. Preheat the oven to 375 °F (190°C)
2. Line a pan with parchment paper. I like to trace 2,5 inch circles on each parchment.
3. Measure 30 g of shredded cheese per circle and spread evenly.
4. Bake for 5 minutes or until little holes have appeared in the surface and the edges begin to brown.
5. Remove from the oven and let cool for just a second before removing to wooden spoons or spatulas suspended by glasses to shape taco shells.
6. Cool completely and store in an air-tight container. (If I'm in a hurry I put them in the freezer and take them out 3 minutes before plating)

Beef Strips

Ingredients:

- 150g beef steak strips
- 1/2 tsp tomato paste
- 1/4 cup beef broth
- 1/4 tsp ground chili powder
- 1/4 tsp ground cumin
- 1/6 tsp paprika
- 1/6 tsp granulated garlic
- 1/6 tsp granulated onion
- 1/6 tsp dried oregano
- Salt & Pepper to taste

Filling:

- 60g Mixed salad greens
- 50g chopped tomatoes
- 20g chopped onions
- 28g Sour Cream

Method:

1. Brown the beef strips in a pan.
2. Add the tomato paste, beef broth, chili powder, ground cumin, paprika, granulated garlic, granulated onions and oregano.
3. Simmer gently until most of the sauce evaporates.
4. Adjust seasoning with salt and pepper.
5. Take the tacos and add the fillings and beef strips.