



LETTUCE TACOS

Ingredients:

- 200G CHICKEN BREAST
- BABY GEM LETTUCE LEAVES
- 2 ROMA TOMATOES
- 1 SMALL AVOCADO
- 1/2 TSP CHILI POWDER
- 1/2 TSP GROUND CUMIN
- 1/2 TSP SMOKED PAPRIKA
- 1 CLOVE GARLIC
- 2 SHALLOTS
- 1/4 TSP SALT
- 1 TBSP HOT SAUCE / SRIRACHA (OPTIONAL)
- 1 TSP OLIVE OIL

Method

1. HEAT UP OLIVE OIL IN A NON-STICK PAN AND GENTLY FRY YOUR DICED SHALLOTS AND GARLIC, UNTIL SOFT AND BROWNED .
2. IN A BOWL, COMBINE ALL SPICES AND SALT. ADD DICED CHICKEN AND MIX UNTIL ALL PIECES ARE EVENLY COATED IN SPICES.
3. ADD YOUR CHICKEN TO THE PAN AND COOK UNTIL SLIGHTLY BROWNED AND COOKED THROUGH. REMOVE FROM HEAT AND LET COOL SLIGHTLY.
4. CHOP TOMATOES AND AVOCADO INTO BITESIZE CHUNKS .
5. ASSEMBLE YOUR LETTUCE CUPS BY FILLING EACH ONE WITH COOKED CHICKEN, AVOCADO AND TOMATOES.
6. TOP WITH OPTIONAL HOT SAUCE OR SRIRACHA FOR A SPICY KICK.

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Nutritional Information

CHICKEN - CHICKEN IS PACKED WITH PROTEIN AND CONTAINS NUTRIENTS LINKED WITH GOOD MOOD, IT PROVIDES VITAMINS AND MINERALS INVOLVED IN BRAIN FUNCTION, IT IS EASY TO EAT, HELPS BUILD MUSCLE, STRENGTHENS BONES, PROMOTES HEART HEALTH AND AIDS IN WEIGHT LOSS.

LETTUCE - ALL TYPES OF LETTUCE ARE GOOD FOR YOU. AS A VEGETABLE, LETTUCE PROVIDES FIBRE, VITAMINS, AND MINERALS FOR VERY, VERY FEW CALORIES.

TOMATOES - TOMATOES ARE THE MAJOR DIETARY SOURCE OF THE ANTIOXIDANT LYCOPENE, WHICH HAS BEEN LINKED TO MANY HEALTH BENEFITS, INCLUDING REDUCED RISK OF HEART DISEASE AND CANCER. THEY ARE ALSO A GREAT SOURCE OF VITAMIN C, POTASSIUM, FOLATE, AND VITAMIN K.

AVOCADO - AVOCADOS ARE INCREDIBLY NUTRITIOUS AND CONTAIN MORE POTASSIUM THAN BANANAS, THEY'RE LOADED WITH HEART-HEALTHY MONOUNSATURATED FATTY ACIDS, LOADED WITH FIBRE AND CAN LOWER CHOLESTEROL AND TRIGLYCERIDE LEVELS.

CUMIN - USING CUMIN AS A SPICE INCREASES ANTIOXIDANT INTAKE, PROMOTES DIGESTION, PROVIDES IRON, MAY IMPROVE BLOOD SUGAR CONTROL AND MAY REDUCE FOOD-BORNE ILLNESSES.

PAPRIKA - PAPRIKA IS A COLORFUL SPICE DERIVED FROM GROUND PEPPERS. IT OFFERS A VARIETY OF BENEFICIAL COMPOUNDS, INCLUDING VITAMIN A, CAPSAICIN, AND CAROTENOID ANTIOXIDANTS. THESE SUBSTANCES MAY HELP PREVENT INFLAMMATION AND IMPROVE YOUR CHOLESTEROL, EYE HEALTH, AND BLOOD SUGAR LEVELS.

GARLIC - GARLIC IS AN EXCELLENT SOURCE OF VITAMIN B6 (PYRIDOXINE). IT IS ALSO A VERY GOOD SOURCE OF MANGANESE, SELENIUM AND VITAMIN C.

SHALLOTS - SHALLOTS ARE HIGH IN ANTIOXIDANTS AND MAY IMPROVE BLOOD SUGAR LEVELS, CIRCULATION, SEASONAL ALLERGIES, AND HEART AND BONE HEALTH. THEY MAY ALSO HELP FIGHT GERMS AND PROMOTE WEIGHT MAINTENANCE.