Crispy Fried Tacos with Avocado Cream



Serves 6

Ingredients

For tacos

450 g ground beef

2 tablespoons olive oil

1 small onion, finely chopped

2 teaspoons minced garlic

3 tablespoons taco seasoning (or a packet of store-bought taco seasoning)

2 cups (500 ml) shredded cheddar cheese 12 small flour or corn tortillas

Avocado Cream

2 medium-sized ripe avocados from Mexico, peeled and pitted

6 tablespoons thick Greek yogurt

6 tablespoons avocado oil

1 tablespoon lime juice

¾ teaspoon salt

Preparation

1. Tacos:
   Saute the onion in olive oil until translucent, then add garlic and cook until fragrant. Stir in the ground beef, breaking it apart, and sprinkle with taco seasoning. Cook until no longer pink.

2. Lay out each tortilla, place a generous spoonful of the

Crispy Fried Tacos with Avocado Cream

beef mixture in the center, and sprinkle with some cheese. Fold the tortilla in half.

3. Heat about 1 inch of oil in a frying pan over medium heat. Once the oil is hot (about 350°F), carefully place a few tacos in the pan. Fry each side until golden brown, about 1-2 minutes per side.

4. Remove the tacos using tongs and let them drain on a plate lined with paper towels.

5. Avocado Cream:
   Puree avocado, yogurt, oil, lime juice, and salt in a small blender or food processor until smooth. Serve with the tacos.