

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
- $\frac{3}{4}$ 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

