

Quick and healthy Tacos

Ingredients - Makes 6 tacos

5 spring onions

1 large pepper

1 or 2 chicken breasts

mushrooms

1 small tin of sweetcorn

Tacos

Grated cheese } optional
salad

Garlic puree

minced herbs

Method

1) Finely chop the spring onions, pepper and mushrooms.

2) Dice the chicken and fry in a pan with oil.

- 3) Add the vegetables and stir fry together.
 - 4) Add some garlic puree and ~~mixed~~ mixed herbs.
 - 5) Miso in the sweetcorn.
 - 6) Divide the mixture evenly and serve in the tacos.
 - 7) Add grated cheese and salad !!
 - 8) Enjoy!
- Bon Appetit!



MEGAN