

BREAKFAST TACOS

MAKES 4 / PREPARE 10 MINS / COOK 10 MINS

Ingredients

4	Corn taco shells	1	Chopped fresh chili (optional)
200g	Cooked brown rice (optional)	200g	Grated Monterey Jack or cheddar cheese, grated
100g	Sweet corn, cooked	1	Chopped or mashed avocado
100g	Cherry tomatoes, cut in half	100ml	Plain yogurt or Sour cream
1tsp	Rapeseed oil	1	lime
Dash	Semi-skimmed milk		
6	Large organic eggs		
100 g	Baby spinach		

Instructions

Preheat the oven to 180C.

Half your cherry tomatoes. Wash your baby spinach. Mash or cut the avocado in small pieces and mix in a bowl with a squeeze of lime juice to prevent it from browning and to add a little zing to it.

Heat up the rapeseed oil in a non-stick pan. Lightly beat the eggs in a bowl and add a dash of milk if you like. Pour the eggs into the pan and let them set lightly at the bottom (2minutes), meanwhile, put the corn shells in the oven to warm up.

Start stirring the eggs forming ribbons and let cook for another 3-4 minutes until cooked but not dry.

Now build your tacos. Hold the taco shell on your left hand or use a taco stand. Then tear a few spinach leaves and put them at the bottom of the taco shell, spread a tablespoon of scrambled eggs on top followed by some avocado, sweet corn, cherry tomatoes, grated cheese and a little yogurt to finish it off!

Serve immediately so the tortilla doesn't go soggy and eat as messily as you like...



Nutrifacts



Complex CARBOHYDRATES like those in **corn tortillas** help maintain our energy levels stable as energy from these foods is released slowly.

Cheese as most dairy products is high in CALCIUM which is necessary to maintain healthy teeth and bones. Non-organic dairy may contain antibiotics and hormones that can interfere with our metabolism. Whenever possible, it is advisable to consume organic dairy products.

Eggs contain PROTEIN to help your body heal and grow. A couple of eggs add up to 14g of protein or 20% of the recommend daily intake. Additionally, eggs contain vitamin A that supports vision and healthy skin as well as riboflavin that promotes normal growth and VITAMIN B12 that supports red blood cell health.

Cheese is high SATURATED FAT, so it's important to consume it in moderation.

Tomatoes are high in FIBRE that maintain a healthy digestive system and keeps us fuller for longer, VITAMIN C, an antioxidant that protects our bodies from the damage generated by free-radicals and is an antioxidant that research shows may help maintain eye health.