

Easy Scrambled Egg Tacos



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Vegetarian, Kid Friendly



Ingredients

- 6 eggs
- ½ cup light cooking cream
- 1 tablespoon olive oil
- 1 small red onion, finely diced
- ¼ cup finely diced green capsicum
- 2 small tomatoes, seeds removed, finely diced
- 8 mini stand 'n' stuff taco shells
- 8 small baby cos lettuce leaves

- 1 avocado, finely diced
- ¼ cup light sour cream
- ¼ cup grated tasty cheese

Method

1. Break eggs into a bowl. Add cream, salt and white pepper. Set aside.
2. Heat oil in a non-stick frying pan over medium heat. Add onion and capsicum and cook for 3 minutes or until softened.
3. Stir through tomato. Add egg mixture and cook for 2 minutes or until beginning to set. Gently stir. Cook for 1 minute and stir again or until egg is just set. Meanwhile, heat taco shells following packet directions.
4. Place warmed taco shells onto a platter. Fill with lettuce, egg mixture, diced avocado, sour cream and cheese.

Notes

Tip: You can swap out the taco shells for soft-shell tacos or burrito wraps. For a lighter lower-carb version, simply serve in large cos lettuce cups.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
302g	1730kJ 413kcal	15.6g	28g	8.3g	21.8g	8.6g	246mg	6.5g

All nutrition values are per serve.