

Keto Mushroom Taco

Calories: 550 kcal

Servings: 1

Time: 0 Mins

Ingredients

- 50.00 g Cheddar Cheese
- 1.00 tsp Coriander (fresh, chopped)
- 20.00 g Cucumber
- 1.00 tbsp Extra Virgin Olive Oil
- 1.00 tsp Lime (to serve)
- 150.00 g Oyster mushrooms
- 0.25 tsp Paprika (smoked)
- 0.50 whole Radish
- 0.25 tsp Salt
- 2.00 tsp Spring Onion (finely diced)
- 2.00 tsp Yoghurt (Plain)

Instructions

1. Makes 2 tacos.
2. Preheat oven to 180°C (355°F) fan forced. Line a tray with parchment paper.
3. Spread the grated cheese on the lined tray in 2 x 10cm wide circles, make sure the cheese completely fills this circle. Bake for a few minutes or until completely melted and golden at the edges. Allow to cool on the tray for 2 minutes
4. Meanwhile, roughly slice mushrooms. Heat a medium pan on medium high heat and add oil, mushrooms and paprika. Pan fry mushrooms for 5 minutes or until golden.
5. Using a spatula, remove the 'taco' from the tray. You can have it as a flat taco or while warm fold over a pot handle to make a hard taco shell. Leave to cool on the pot handle.
6. Toss the remaining ingredients (excluding the yoghurt) with the cooked mushrooms in a small bowl. Top the taco with these and top with the yoghurt. Squeeze over lime.