



Tasty Training Tacos

A delicious and nutritious concoction of Mexican flavours for a perfect Sunday brunch or if you need to rustle up a quick and easy supper. Satisfying, protein-packed and finger-licking delicious!

I hope you enjoy this recipe. You'll find more in my Go Faster Food for your Active Family book, available here - [Go Faster Books - Buy Online - Free UK P&P - Kate Percy's \(katepercys.com\)](#)

For more recipes and advice on how to eat for #Enerjoy! head to [katepercys.com](#).

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Prep time: 2 minutes chopping

Cook time: 5 minutes

Equipment required: Non-stick frying pan, chopping board, sharp knife

Serves 2

Ingredients

For the tacos:

1 tsp olive oil

4 medium eggs

1 avocado, peeled and sliced

Squeeze of lime juice

Pinch dried chilli flakes or a little chilli sauce

1 head of gem lettuce chopped

2 x spring onions sliced finely on the slant

1 x fresh red or green chilli deseeded and finely sliced

Handful of baby tomatoes halved

1 tbsp fresh coriander leaves roughly chopped

Juice of half a lime

Salt and freshly ground black pepper

4 soft taco shells

Method

1. Heat a non-stick frying pan and warm the tacos (lie them on the hot pan for 20 seconds each side). Set aside on a plate and cover them with foil to keep warm.
2. Place the avocado in a small bowl and squeeze over a little lime juice. Sprinkle on some salt and pepper.
3. Add the oil to the pan and fry the eggs for a couple of minutes until cooked to your liking.
4. To serve, lay out the taco shells on two large plates. Remove the egg with an egg slice and place on the taco, then arrange the avocado, the crispy lettuce, spring onion, tomatoes, fresh chilli and fresh coriander around the egg. Season with salt and pepper, another squeeze of lime and some chilli flakes or sauce. Eat immediately – fold each taco in half and pick it up with your hands!