


# Egg Tacos



## Ingredients



- 6 eggs
- 1/2 cup light cooking cream
- salt and pepper to taste
- 1 tbsp olive oil
- 1 small red onion (diced)
- 1/4 cup finely diced green capsicum
- 2 small tomatoes, seeds removed and finely diced
- 1 avocado, finely diced
- 8 mini stand 'n' stuff taco shells (alternatively, soft shells or wraps)
- 8 baby cos lettuce leaves
- 1/4 cup light sour cream
- 1/4 cup shredded cheese

 Ask an adult to help!

 Careful - Sharp knife!

1



Break eggs into a bowl, add cream, salt and pepper then whisk.



2



Chop your veggies up carefully!



3



Heat oil in a pan over medium heat.



4



Add veggies and cook for about 3 minutes until soft.

5



Add egg mixture and stir through until just set.

6



Warm up the taco shells (optional) and fill with lettuce, egg mixture, diced avo, sour cream and cheese.