



Low FODMAP Ground Beef Tortillas

Serves: 4

Prep: 10

Cook: 30 minutes



Stack Cup

Ingredients	Metric	Imperial
Premium ground beef (beef mince)	600 g	21.2 oz
1 tbsp garlic-infused olive oil	18 g	0.6 oz
3 medium carrots, grated	180 g	6.3 oz
2 cups fresh kale, finely shredded	80 g	2.8 oz
1 can chopped/crushed tomatoes	400 g	14 oz
Low FODMAP beef stock	250 g	8.8 oz
2 tsp paprika	4 g	0.2 oz
1 tsp ground cumin	2 g	0.1 oz
1 tsp dried oregano	2 g	0.1 oz
2 tsp Worcestershire sauce	10 g	0.4 oz
1 cup green spring onion tips	40 g	1.4 oz
½ cup fresh coriander	10 g	0.35 oz
⅓ cup buckwheat groats	65 g	2.3 oz
Salt and pepper, to taste		
8 corn tortilla		
4 cups lettuce	150 g	5.4 oz
Red Capsicum (Bell Pepper)	150 g	5 oz
Green Capsicum (Bell Pepper)	150 g	5 oz
1 medium cucumber	100 g	3.5 oz

Method

1. Prepare the vegetables. Grate the carrots and finely shred the kale. Finely chop the green spring onion tips. Roughly chop the fresh coriander. Place the coriander and spring onion tips to one side for later.
2. Heat a large frypan over medium-high heat. Add the garlic infused oil. Fry the ground beef (mince) until brown. Then add the beef stock, canned tomatoes, kale, carrots, paprika, ground cumin, dried oregano, and Worcestershire sauce. Season generously with salt and pepper. Mix well. Reduce heat to medium-low and allow to simmer for 15 to 20 minutes.
3. While the ground beef cooks, cook the buckwheat. Measure out the buckwheat groats and place in a small saucepan (make sure it has a lid). Add ⅔ cup (170ml) of cold water. Place over medium-high heat and bring to the boil. Then turn down the heat to medium-low, cover, and allow to simmer for 10 minutes. Check that the buckwheat is soft, then drain and rinse in warm water. Drain again.
4. While the buckwheat and ground beef finish cooking, make the salad. Wash and shred the lettuce, deseed and dice the red capsicum, peel and thinly slice the cucumber. Grate the cheese if using.
5. Once the buckwheat is cooked, you can mix it through the ground beef mixture. Just before serving mix through the fresh coriander and the green spring onion tips. Season with more salt and pepper if needed.
6. Warm the corn tortillas according to packet directions.
7. Serve the ground beef in the tortillas with the salad. Add a serve of low FODMAP cheese, lactose free mayonnaise or garlic infused mayonnaise for extra flavour. Enjoy!

Hints

- Make sure your beef stock does not include onion, garlic or other high FODMAP ingredients. Choose tortillas made from maize/corn flour, not wheat flour.
- Make sure your dried spices and herbs, corn tortillas and the Worcestershire sauce are gluten-free.
- This recipe is not only low FODMAP but a fantastic source of iron and calcium!

Nutrition Information (per serve)	
Energy	2084 Kj / 498 cal
Protein	41.80g
Carbohydrates	33.70g
Sugar	16.40g
Total Fat	20.50g
Saturated Fat	6.30g
Fibre	11.40g