

# SPICY BISON TACOS

With MCT mayo



## Method

Heat a non-stick pan to medium heat on stovetop. Add bison, garlic and spices. Stir occasionally, chopping with end of wooden spatula into bite-sized pieces. 2 minutes before the bison is cooked add the mushrooms.

Let it cool for 5 minutes and serve on lettuce leaves, topping it off with tomatoes, cilantro and MCT mayo.

## Time

20 minutes

## Serves

2 ( 3 lettuce tacos per serving)

## Calories

150

## Carbs (per serving)

3g

## Fat (per serving)

4g

## Protein (per serving)

15g

## Ingredients

- 100 grams (3.5 ounces) ground lean Bison, pulled chicken or beef (note that this recipe's calories are calculated for Bison meat )
- 4 to 6 lettuce leaves
- 1/2 cup of tomatoes (diced)
- 2 cloves of garlic (minced)
- 1 tbs MCT mayo
- 1/2 tsp cumin
- 1 tsp chilli powder (optional)
- 1/4 cup of mushrooms (sliced)
- 1 tbs cilantro
- Salt and pepper to taste