

Tacos



Serves	4
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Main Dish , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Warm

Ingredients

- 1 Batch Refried Beans (Refer to recipe)
- Sour cream
- Grated cheese (Amines)
- Iceberg lettuce (shredded)
- 1 Batch No-Tomato Chicken Mince (Refer to recipe)
- 8 Small pita bread pockets (cut in half)

Directions

1. Prepare all the ingredients and place on the table for everyone to serve themselves.
2. Fill the pita bread halves with lettuce, refried beans and chicken mince then top with sour cream and/or cheese (optional).



Note

Low Chemical / Failsafe, Amines if using cheese

Refer here for the [no-tomato chicken mince](#) and [refried beans](#) recipes.

Makes 16 tacos.