

# LENTIL TACOS

with Sunflower Seeds, Pickled Onions and Avocado

**Serves: 4**

## INGREDIENTS

### FOR TACO FILLING

- 1 can green or brown lentils, drained and rinsed
- 10 button or cremini mushrooms, sliced (about 1 ½ cups)
- 1 yellow onion, diced
- 2 cloves garlic, sliced or smashed
- 2 tsp. dried oregano
- 2 tsp. chilli powder
- 1 tsp. smoked paprika
- 1 cup raw sunflower seeds, unsalted
- 2 Tbsp. tomato paste
- ½ cup- ¾ cup or more water or vegetable stock
- ½ tsp. salt

### FOR PICKLED ONIONS

- 2 medium red onions, very thinly sliced
- Juice of 3 lemons
- 1 tsp. sugar or maple syrup
- 1 ½ tsp. salt

### FOR SERVING

- 8 corn tortillas (*I used Food For Life brand – or make your own see recipe in meal plan*)
- 1 ripe avocado
- Tomato salsa (optional)

## NUTRITIONAL INFORMATION

*Per serving (2 tacos with ¼ avocado, romaine lettuce & pickled onions)*

**CALORIES** 507

**PROTEIN** 18.6g

**FAT** 25g

**FIBER** 17g



## INSTRUCTIONS

1. Make pickled onions first. Add sliced onions, lemon juice, salt and sugar to a large glass container (like a mason jar) with a lid and shake. Let sit out on counter for at least 30 minutes. Will store well in fridge for 1 week.
2. Heat a non-stick skillet over medium heat. Add ¼ cup water or vegetable stock to pan once hot. Add onion and sauté until soft, about 5 minutes, adding more stock/water as needed to prevent sticking.
3. Once onion is soft, add mushrooms. Sauté until soft, about 2-3 minutes, adding more water as needed to prevent sticking.
4. Add garlic, oregano, chilli powder and smoked paprika. Stir for 1 minute then add drained lentils and tomato paste and stir for 1 minute before adding ¼ cup vegetable stock or water and stir until combined and heated through, about 2 minutes.
5. Add sunflower seeds and stir to combine, then remove from heat and let sit in pan to stay warm.
6. Warm tortillas in a dry non-stick pan or microwave. Add taco lentil mixture divided evenly between 8 tortillas and top with sliced avocado, lettuce and pickled onions. Add salsa (optional) as desired and enjoy.

**EatPlantJoy**