



## *Julia's Cuisine*

**By:** Julia Pinney  
Main Course/Chicken & Turkey

**Webpage:**  
<http://www.juliascuisine.com/>

## Spiced Turkey Tacos

Makes 8  
Prep time: 10 minutes  
Cook time: 15 minutes

---

### *Ingredients*

1 lb/500 grams ground turkey  
8 Hard shell corn tacos  
1 Tablespoon olive oil  
2 Garlic cloves, crushed  
1 Tablespoon tomato paste  
1/4 Cup/60 ml water  
1 1/2 Teaspoons cumin  
1 Teaspoon paprika  
2 dried chillies, finely chopped  
1 Teaspoon salt  
1/2 Teaspoon black pepper  
1 Cup/125 grams grated cheddar cheese  
2 Tomatoes, diced  
1 Cup/240 ml sour cream  
Salsa (your choice)  
Shredded iceberg lettuce

### *Method*

Preheat a large skillet over medium to high heat for a few minutes. Add the olive oil, dried chillies and garlic and stir for a minute. Add the ground turkey and start breaking it up with a wooden spoon. Continue doing this until the turkey has cooked, about 8 - 10 minutes. Add the water, tomato paste, cumin, paprika, salt and black pepper. Stir really well and reduce heat to low for about 2-3 minutes. Remove from heat.

Put the taco shells on a baking tray and put in a preheated 350 degree F oven for 3 - 5 minutes. Remove from heat.

Assemble tacos with turkey and all the toppings. Serve!