

HIGH PROTEIN CRISPY CHEESY STEAK TACOS

Makes 8 Tacos · 35g Protein Each · Ready in 30 Minutes · REVERE Training Kitchen



35g protein





Nutrition Per Taco

CALORIES 393	PROTEIN 35g	CARBS 18g	FAT 20g
------------------------	-----------------------	---------------------	-------------------

STEAK BITES

800g lean flank steak



800g lean flank steak





Ingredients

- 800g lean steak, diced into ½" cubes (flank steak recommended)
- Chipotle seasoning — to taste
- Salt — to taste
- Cooking spray

Tip: Freeze the steak for 30 minutes before cutting — it firms up and makes clean, even cubes much easier.

PICO DE GALLO



1/2 red onion diced
2 salad tomatoes
1/2 cup chopped coriander
1/2 jalepenño diced
tbsp olive oil
1/2 lime juice
salt to taste

Ingredients

- 2 salad tomatoes, diced
- ½ red onion, finely diced
- Small handful of fresh cilantro, chopped
- Juice of ½ lime
- 1 tbsp olive oil
- Salt — to taste

AVOCADO SAUCE



Ingredients

- 160g 0% Greek yogurt
- 1 ripe avocado
- 100ml skimmed milk
- Juice of ½ lime
- 2 tsp honey
- Salt — to taste

Method: Combine all ingredients and blend until completely smooth.

TACO ASSEMBLY







Ingredients Per Taco

- 1 mini tortilla

- 30g low fat shredded cheese
- 1/8 of the steak bites
- 1/8 of the pico de gallo
- Drizzle of avocado sauce

STORAGE & REHEATING

These tacos keep well for up to 5 days — ideal for meal prep.

To store: Allow to cool completely, then wrap in foil and refrigerate.

To reheat: Microwave on high for 30–60 seconds to remove the chill, then air fry or toast in a pan for a few minutes until crispy and heated through. Enjoy!