



# RECIPE

## Pheasant Tacos



**NOURISH**  
FOOD SCHOOL

# RECIPE

## Pheasant Tacos

**SERVES**  
4 servings

**LEVEL**  
A little tricky

**TIME**  
15 minutes  
(plus marinating time)

### INGREDIENTS

8 pheasant breasts  
1 teaspoon smoked paprika  
1/2 teaspoon ground coriander  
1/2 teaspoon ground cumin  
1 teaspoon mixed dried herbs  
a pinch ground cinnamon  
a pinch of salt  
Lots of black pepper  
2 tablespoons vegetable oil  
8 mini wraps  
1 quantity of homemade mango salsa

### HOW TO MAKE IT

1. Slice the pheasant breasts into long thin strips and place in a bowl.
2. Add the dried herbs and spices to the meat with 1 tablespoon of oil. Stir everything to combine and set aside to marinate for at least half an hour.
3. Heat a non-stick frying pan over a medium heat and toast the wraps for 1-2 minutes on each side. Do this in batches and wrap them in a clean tea towel to keep them warm.
4. On a medium heat fry the pheasant with a tablespoon of oil for 2 minutes on each side. It should get lightly charred and golden, and be cooked through.
5. Spoon the cooked pheasant into the warmed wraps and top with the homemade salsa.

### ADAPTIONS AND FOOD SWAPS

- Add shredded lettuce, slices of fresh tomato or spinach to the wraps to help balance and bulk up the meal
- If you don't have pheasant, this recipe is also great with chicken or pork fillet prepared the same way.