

Keto Chulupas Two Ways (Carnivore Friendly)

 20 Minutes

 2

 Easy



INGREDIENTS

- 120g Mozzarella Cheese, grated
- 100g Beef Mince (ground beef)
- 1 Egg
- 20g Cheddar Cheese, grated
- 2 Streaky Bacon Rashers
- To taste Himalayan Pink Salt
- To taste Cracked Black Pepper

METHOD

1. First, heat a skillet over medium heat then add the beef mince and salt and pepper to taste. Continue to fry the beef mince until it is just cooked through. As it is a small amount, it should only take a few minutes. Remove the cooked beef mince and set aside till needed.
2. Next, using the same pan, fry the two rashers of bacon till cooked to your preference then set aside.
3. Using a clean skillet, add 60g of grated (shredded) cheese and melt till browned on the bottom.
4. Once the underside of the cheese is browned and you can see lots of little holes on the top, add the pre-cooked beef mince to half of the melted cheese disc and spread evenly. Sprinkle over half of the grated cheddar cheese and fold over the uncovered half of the melted cheese disc to form the chalupa. The cheese shell will crisp up really quickly as it cools.
5. Follow the same process for the second chalupa shell but for the filling crack over one egg, place the lid on the skillet to cook off the top of the egg for 1-2 minutes. The egg should be cooked but still have a runny yolk. Then place the slices of cooked bacon and sprinkle the remaining cheddar cheese over the top of the egg. Fold over the uncovered half of the melted cheese disc to form the chalupa and dish it up. If you like your egg yolk more solid, you can pop the yolk while cooking or pre-fry the egg.
6. These beauties are chock full of oozy fatty, juicy goodness so you may like to rest the on a paper towel for a minute or two to remove some of the excess grease. And if you are doing low carb or std keto rather than carnivore, you could add other fillings such as lettuce, mayonnaise, hot sauce, tomato, peppers, etc. to take these chalupa's to the next level.
7. Let's eat!

Nutritional Information (per serve Beef and Cheese Chalupa)					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
447	33.6g	34.5g	1.8g	0.1g	1.7g

Nutritional Information (per serve Bacon and Egg Chalupa)					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
504	39.1g	36.9g	1.2g	0.0g	1.2g

Please note that the nutritional values may vary depending on the brand of ingredients that you use.