

French Tacos

Authentic French Tacos recipe with meat, fries, and cheese sauce. Easy step-by-step instructions for this popular Lyon street food favorite.

10	15	25	8	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

French Tacos

Ingredients

- 1 lb ground beef
- 1 tbsp olive oil
- 1 onion
- 1 clove garlic
- 1 tsp oregano
- 1 tsp salt
- 1 tsp black pepper
- 8 wheat tortilla

Instructions

- 1 Prepare the workspace**

Preheat oven to 200°C (400°F). Line a baking sheet with parchment paper.
- 2 Cook the meat filling**

Heat 1 tablespoon oil in a large skillet over medium-high heat until shimmering.
- 3** Add 1 pound ground meat and cook, breaking it apart with a wooden spoon, until browned and cooked through, about 6-8 minutes.
- 4** Add 1 minced garlic clove and cook until fragrant, about 30 seconds. Season with 1 teaspoon each of your chosen spices and cook 1 more minute.
- 5** Remove from heat and drain excess fat if needed. Set aside to cool slightly.
- 6 Warm the tortillas**

Heat each of the 8 tortillas in a dry skillet over medium heat for 30 seconds per side until warm and pliable.
- 7 Assemble the tacos**

Place one tortilla on a clean work surface. Spoon about 2-3 tablespoons of the meat mixture in the center, leaving a 2-inch border on all sides.
- 8** Add your desired fillings on top of the meat. Fold the bottom edge up over the filling, fold in both sides, then roll tightly from bottom to top.
- 9** Repeat with remaining tortillas and filling. Place all assembled tacos seam-side down on the prepared baking sheet.

10 Bake the tacos

Bake for 12-15 minutes until golden brown and crispy on the outside.

11 Serve

Remove from oven and let cool for 2-3 minutes. Cut each taco in half diagonally and serve immediately.

Tips

Use large flour tortillas (10-12 inches) for easier folding and better filling capacity.

Don't overfill the tortilla - this makes it difficult to fold and can cause spillage during cooking.

Always cook the meat filling completely and season well with salt, pepper, and your favorite spices for maximum flavor.

Pre-cook the french fries until just crispy, as they'll continue cooking inside the tortilla.

Make sure the cheese sauce is warm and flowing when assembling to ensure even distribution.

Fold the tortilla tightly, starting from the bottom and folding in the sides as you roll to prevent ingredients from escaping.

Let the cooked tacos rest for 2-3 minutes before cutting to allow the cheese to set slightly and prevent spillage.

For extra flavor, brush the outside of the tortilla with garlic butter before grilling.