



with guacamole, nachos & lentils

Who says a fast-food favourite can't be vegan? Cashew nut cream cheese, crunchy nacho chips, cumin-spiced lentils, and jalapeño-guacamole form a super satisfying texture and flavour combo in this wholesome wrap. Because like any wrap connoisseur will tell you, it's what's on the inside that counts, Chef!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Megan Bure

Veggie

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

1	Onion <i>peel & finely dice</i>
20ml	Tomato Paste
40g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
5ml	Ground Cumin
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
120g	Tinned Lentils <i>drain & rinse</i>
1 unit	Guacamole
4	Tortillas
100g	Corn Nachos <i>crumble</i>
40g	Green Leaves <i>rinse & roughly shred</i>
1	Tomato <i>rinse & slice into rounds</i>
60ml	Cashew Nut Cream Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. MAKE THE FULFILLING FILLING Place a pan over medium heat with a drizzle of oil. When hot, fry the chopped onion until soft, 4-6 minutes (shifting occasionally). Add the tomato paste and ½ the chopped jalapeños. Fry until the tomato paste has darkened slightly, 1-2 minutes (shifting occasionally). Add the ground cumin, ½ the chopped coriander, and seasoning. Stir in the rinsed lentils. Cook until heated through and partially mashed, 3-5 minutes (stirring and mashing some of the lentils occasionally).

2. TIME TO BUILD Mix the remaining jalapeños through the guacamole. Lay out the tortillas and smear the spiced lentils over the tortillas. Top with the crumbled nachos and spread over a layer of jalapeño guacamole. Scatter over the shredded leaves and top with the tomato slices. Tightly roll up into wraps.

3. GET THAT CRUNCH Return the pan, wiped down, to medium-high heat with a drizzle of oil. When hot, add the crunch wraps, fold-side down, and brown until golden, 3-4 minutes per side. You may need to do this step in batches.

4. HALVE & CHOW DOWN! Plate up the packed crunch wraps and halve down the middle. Dollop with the cashew nut cream cheese and sprinkle over the remaining coriander.

Nutritional Information

Per 100g

Energy	648kJ
Energy	155kcal
Protein	4.5g
Carbs	20g
of which sugars	3.2g
Fibre	4.7g
Fat	6.5g
of which saturated	0.8g
Sodium	247mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
2 Days