



UCCOOK

Vegan Crunch Wrap

with nachos, lentils & guacamole

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	569kJ	3974kJ
Energy	136kcal	951kcal
Protein	4.5g	31.7g
Carbs	19g	135g
of which sugars	3g	20.7g
Fibre	4.6g	32.1g
Fat	6.1g	42.7g
of which saturated	0.8g	5.9g
Sodium	249mg	1738mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & finely dice 1½ [2]</i>
30ml	40ml	Tomato Paste
60g	80g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
7,5ml	10ml	Ground Cumin
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
180g	240g	Tinned Lentils <i>drain & rinse</i>
6	8	Wheat Flour Tortillas
2 units	2 units	Guacamole
90g	120g	Santa Anna's Corn Nachos <i>crumble</i>
60g	80g	Green leaves <i>rinse & roughly shred</i>
2	2	Tomatoes <i>rinse & slice into rounds</i>
90ml	125ml	Cashew Nut Cream Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. MAKE THE FULFILLING FILLING Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until soft, 6-8 minutes (shifting occasionally). Add the tomato paste and ½ the jalapeños. Fry until the tomato paste has darkened slightly, 1-2 minutes (shifting occasionally). Add the ground cumin, ½ the parsley, and seasoning. Stir in the lentils. Cook until heated through and partially mashed, 3-5 minutes (stirring and mashing some of the lentils occasionally).

2. TOASTY Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

3. SOME PREP In a bowl, mix the remaining jalapeños through the guacamole, and season.

4. TIME TO BUILD Lay out the tortillas and smear the spiced lentils over the tortillas. Top with the nachos and spread over a layer of jalapeño guacamole. Scatter over the green leaves and top with the tomato. Tightly roll up into wraps.

5. HALVE & CHOW DOWN! Plate up the packed crunch wraps. Dollop with the cashew nut cream cheese and sprinkle over the remaining parsley.