



U C O O K

— COOKING MADE EASY


MUSHIE-STUFFED WRAPS


with turmeric hummus, fresh carrot & emerald kale

When we say stuffed, we mean with nutrients AND flavour! Golden portobello mushies in Cajun spice, piquanté peppers, kale, fresh chilli, fragrant turmeric hummus, all in scrumptious gluten-free wraps.

Prep + Active Time: 20 minutes

Total Cooking Time: 30 minutes

 **Serves:** 1 person

 **Chef:** Lauren Todd

 **Vegetarian**

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Ingredients

10g	Pumpkin Seeds
2	Portobello Mushrooms <i>thickly sliced</i>
10ml	NOMU Cajun Rub
50g	Kale <i>rinsed & shredded</i>
50g	Sweet Piquanté Peppers <i>drained & roughly chopped</i>
1.25ml	Turmeric
50ml	Hummus
1	Chilli <i>deseeded & finely chopped</i>
2	Gluten Free Wraps
120g	Carrots <i>peeled & grated</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. TOAST THE SEEDS

Place a nonstick pan over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

3. GOLDEN MUSHIES

Return the pan to a medium-high heat with some oil and a knob of butter. When hot, pan fry the sliced mushrooms for 5-7 minutes until soft and golden, shifting as they colour. In the final 2 minutes, mix in the Cajun Rub to taste. Remove from the pan on completion and season to taste.

4. KALE & PEPPERS

Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Use your hands to gently massage the kale until softened and coated in oil. Wipe down the pan and return to a medium heat. When hot, sauté the kale for 2-3 minutes until wilted. Remove from the pan and return to the bowl. Add in the chopped piquanté peppers and toss together. Cover with a plate to keep warm and set aside for serving.

5. SPICY DRESSING

Mix the turmeric and hummus together with 1 tsp of oil. Season to taste and add some finely chopped chilli, if you'd like.

6. HEAT THE WRAPS

Wipe down the pan and return to a medium heat. Heat the wraps one at a time for 10-15 seconds per side until warmed through but still pliable. Be careful not to overheat, otherwise they become dry and too crispy to fold.

7. WRAP IT UP

Time to assemble the scrummy, veg-packed wraps! Smear the spicy hummus in the center of a wrap. Top with the kale, grated carrot, mushrooms, and fresh rocket. Sprinkle over the pumpkin seeds and any remaining fresh chilli to taste. Repeat with the other wrap. Look at you go, Chef!

Nutritional Information

Per 100g

Energy (kj)	422
Energy (kcal)	101
Protein	3
Carbs	16
of which sugars	5
Fibre	5
Fat	2
of which saturated	1
Salt	1

Cook within: 3 days

Allergens: Allium Sesame Sulphites



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