

Ingredients & Prep

1	Onion <i>peel & finely dice ½</i>
10ml	Tomato Paste
20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
2,5ml	Ground Cumin
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
60g	Tinned Lentils <i>drain & rinse</i>
1 unit	Guacamole
2	Tortillas
50g	Corn Nachos <i>crumble</i>
20g	Green Leaves <i>rinse & roughly shred</i>
1	Tomato <i>rinse & slice into rounds</i>
30ml	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, 3-4 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.

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