



Eat Within 3 Days

UCCOOK

Vegan Crunch Wrap

with nachos, lentils & homemade guacamole

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Piekenierskloof | Grenache Noir 2023

Nutritional Info	Per 100g	Per Portion
Energy	647kJ	4955kJ
Energy	155kcal	1185kcal
Protein	4.3g	32.8g
Carbs	19g	142g
of which sugars	2.8g	21.3g
Fibre	4.9g	37.5g
Fat	7.4g	56.5g
of which saturated	1.3g	10.1g
Sodium	160mg	1223mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & finely dice ½ [1]</i>
10ml	20ml	Tomato Paste
20g	40g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
2,5ml	5ml	Ground Cumin
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
60g	120g	Tinned Lentils <i>drain & rinse</i>
2	4	Wheat Flour Tortilla/s
1	1	Avocado <i>cut in half & scoop ½ [1] out of the flesh</i>
50g	100g	Corn Nachos <i>crumble</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
1	1	Tomato <i>rinse & slice into rounds</i>
30ml	60ml	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, 3-4 [4-6] 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 coriander, 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, combine the avocado and mash until it resembles chunky guacamole. 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 coriander.