



# UCCOOK

## Harissa Cauliflower Wraps

with red pepper hummus & crispy lentils

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Veggie:** Serves 1 & 2

**Chef:** Morgan Barnard

**Wine Pairing:** Strandveld | Viognier

### Nutritional Info

	Per 100g	Per Portion
Energy	620kJ	3479kJ
Energy	148kcal	832kcal
Protein	5g	28.1g
Carbs	22g	122g
of which sugars	4.4g	24.8g
Fibre	4.1g	22.9g
Fat	4g	22.4g
of which saturated	1.5g	8.4g
Sodium	246mg	1383mg

**Allergens:** Gluten, Allium, Sesame, Wheat, Sulphites

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel &amp; roughly slice</i>
100g	200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
60g	120g	Tinned Lentils <i>drain &amp; rinse</i>
20ml	40ml	Pesto Princess Harissa Paste
3	6	Wheat Flour Tortillas
60ml	120ml	Tahini Dressing <i>(40ml [80ml] ButtaNutt Coconut Yoghurt, 10ml [20ml] Tahini, 5ml [10ml] Lemon Juice &amp; 5ml [10ml] Maple-flavoured Syrup)</i>
30ml	60ml	Red Pepper Hummus
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey

**1. ONION** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

**2. CAULI** Loosen the harissa paste with 15ml [30ml] of water. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the cauliflower and the lentils until the cauli is golden and the lentils are crispy, 8-10 minutes. Mix in the harissa paste and fry until combined, 1-2 minutes. Remove from the pan and season. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

**3. WRAPS** Place a clean pan over medium heat. When hot, toast each wrap until warmed through, 30-60 seconds per side.

**4. JUST BEFORE SERVING** Loosen the tahini dressing in 5ml increments until drizzling consistency, and season.

**5. TIME TO EAT** Smear the hummus on one half of each wrap, then top with the onions, the cauliflower & lentils. Drizzle over the dressing, sprinkle over the parsley, wrap it up, and enjoy, Chef!