



**with guacamole, nachos & lentils**

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Serves:** 3 People

**Chef:** Megan Bure

Veggie

Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

2	Onions <i>peel &amp; finely dice 1½</i>
30ml	Tomato Paste
60g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
7,5ml	Ground Cumin
8g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
180g	Tinned Lentils <i>drain &amp; rinse</i>
2 units	Guacamole
6	Tortillas
150g	Corn Nachos <i>crumble</i>
60g	Green Leaves <i>rinse &amp; roughly shred</i>
2	Tomatoes <i>rinse &amp; slice into rounds</i>
90ml	Cashew Nut Cream Cheese

## From Your Kitchen

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

**1. FINISH THE FILLING** Place a pan over medium heat with a drizzle of oil. When hot, fry the chopped onion until soft, 6-8 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. You may need to do this step in batches.

**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