



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 & roughly slice</i> |
| 100g | 200g | Cauliflower Florets <i>cut into bite-sized pieces</i> |
| 60g | 120g | Tinned Lentils <i>drain & 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 & 5ml [10ml] Maple-flavoured Syrup)</i> |
| 30ml | 60ml | Red Pepper Hummus |
| 3g | 5g | Fresh Parsley <i>rinse, pick & 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!