




### Product Spotlight: Lemon


Thanks to its anti-bacterial properties, lemon juice mixed with hot water is a great remedy for a sore throat!



## Chermoula Roast Veggies with Chickpea Wraps

A roast veggie medley made delicious with a spiced Chermoula sauce, layered onto warm chickpea wraps with garlic skordalia and finished with fresh mesclun leaves.

 30 minutes

 4 servings

 Plant-Based

26 May 2023

## Skip the Chermoula...

*Roast the vegetables with ground cumin and paprika if you don't feel like making the Chermoula sauce. Use the parsley as a garnish and lemon to dress the leaves.*

Per serve: **PROTEIN** 14g **TOTAL FAT** 31g **CARBOHYDRATES** 64g

## FROM YOUR BOX

PARSLEY	2 packets
LEMON	1
RED CAPSICUM	1
RED ONION	1
ZUCCHINI	1
CHERRY TOMATOES	1 packet (200g)
CORN COB	1
CHICKPEA/TAPIOCA FLOUR	250g
SKORDALIA DIP	1 tub
MESCLUN LEAVES	1 bag (120g)

## FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin, smoked paprika

## KEY UTENSILS

oven tray, frypan, stick mixer or blender

## NOTES

Place parsley in a bowl and cover with water to remove excess sand before blending.

We recommend using a non-stick frypan to cook the wraps. Swirl the oil to evenly coat the base before adding the batter.



### 1. MAKE THE CHERMOULA

Set oven to 220°C.

Roughly chop parsley (see notes). Using a stick mixer, blend with lemon juice, **1 tbsp cumin**, **1/2 tbsp paprika**, **2 tbsp olive oil**, **salt and pepper** until smooth.



### 2. ROAST THE VEGGIES

Slice capsicum, onion and zucchini. Halve tomatoes and remove corn from cob. Toss on a lined oven tray with **3 tbsp chermoula sauce**. Roast in oven for 15–20 minutes until cooked through.



### 3. PREPARE THE WRAPS

Mix chickpea/tapioca flour with **1 1/2 cups water** and **1/2 tsp salt** until combined.



### 4. COOK THE WRAPS

Heat a large frypan over medium-high heat with **1 tbsp olive oil** (see notes). Spoon in **1/2 cup** wrap batter. Leave to cook for 2 minutes until set. Flip and cook for a further 1–2 minutes. Remove to plate and repeat with remaining mixture (makes 4).



### 5. FINISH AND SERVE

To assemble the wraps, spread skordalia dip on one side. Fill with roast vegetables and fold over. Top with mesclun leaves. Loosen remaining chermoula sauce with **1 tbsp water** and drizzle over top of leaves.



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