

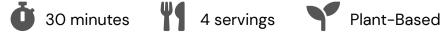




## Chermoula Roast Veggies

### 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.







# 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.

TOTAL FAT CARBOHYDRATES

64g

#### FROM YOUR BOX

PARSLEY	2 packets
LEMON	1
RED CAPSICUM	1
RED ONION	1
ZUCCHINI	1
CHERRY TOMATOES	1 packet (200g)
CHERRY TOMATOES  CORN COB	1 packet (200g)
CORN COB	1
CORN COB CHICKPEA/TAPIOCA FLOUR	1 250g

#### 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.



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#### 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 <u>3 tbsp chermoula sauce</u>. 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 1tbsp water and drizzle over top of leaves.

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