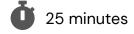




Buckwheat Wraps

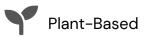
with Curried Parsnip Ribbons

A quick and easy dinner, with mildly spiced coconut yoghurt topping off buckwheat wraps filled with fresh salad and burgers. Served with crunchy parsnip ribbons.





2 servings



Wedges instead!

Instead of making the parsnip ribbons, slice the parsnips into wedges and cook for 20-25 minutes until tender.

TOTAL FAT CARBOHYDRATES

70g

FROM YOUR BOX

PARSNIP	1
ТОМАТО	1
LEBANESE CUCUMBER	1
MESCLUN LEAVES	1 bag (60g)
COCONUT YOGHURT	1 tub (125g)
VEGETABLE BURGERS	1 packet
BUCKWHEAT WRAPS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, vinegar, ground cumin

KEY UTENSILS

frypan, oven tray

NOTES

All curry powders are different in their strengths and heat levels. Use yours to taste.



1. MAKE PARSNIP RIBBONS

Set oven to 200°C.

Peel parsnip into ribbons. Place on lined oven tray and toss with oil, salt and 1 tsp curry powder (see notes). Place into oven for 10–15 minutes, tossing halfway through, until golden and crispy.



2. PREPARE THE FILLINGS

Slice tomato and cucumber. Arrange on a plate with mesclun leaves.



3. MIX THE YOGHURT

Tip yoghurt into a bowl and mix with 1/4 tsp curry powder and 1 tsp vinegar. Season to taste with salt and pepper.



4. COOK THE BURGERS

Heat a frypan over medium high heat with oil. Rub burgers with 1 tsp cumin. Add to pan and cook for 4-5 minutes or until heated through.



5. FINISH AND SERVE

Break burgers into pieces.

Layer wraps with fresh fillings. Place burger pieces and yoghurt on top. Roll up and enjoy. Serve with parsnip ribbons on the side.



