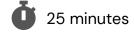




## **Buckwheat Wraps**

## 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.





4 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

20g

49g

#### **FROM YOUR BOX**

PARSNIPS	3
TOMATOES	2
LEBANESE CUCUMBERS	2
MESCLUN LEAVES	1 bag (120g)
COCONUT YOGHURT	1 tub (200g)
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 trays x 2

#### **NOTES**

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

By using 2 trays and spreading the parsnip ribbons out further you should get a more even cook and crunch level.



#### 1. MAKE PARSNIP RIBBONS

Set oven to 200°C.

Peel parsnips into ribbons. Place on lined oven trays and toss with oil, salt and 1/2 tbsp curry powder (see notes). Place into oven for 10-15 minutes, tossing halfway through, until golden and crispy.



#### 2. PREPARE THE FILLINGS

Slice tomatoes and cucumbers. Arrange on a plate with mesclun leaves.



#### 3. MIX THE YOGHURT

Tip yoghurt into a bowl and mix with 1/2 tsp curry powder and 2 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 2 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.



