




Product Spotlight: Baby Spinach


Baby spinach is harvested earlier than regular spinach, is low in calories and fat-free, yet loaded with nutrients, including vitamins A and K and folate!



J4 Spinach Wraps with Spiced Tempeh and Skordalia

Buckwheat and spinach wraps filled with fresh salad, lightly spiced tempeh and finished with skordalia dip. Great for sharing at the table with friends and family.

 35 minutes

 4 servings

 Plant-Based

16 December 2022

Stretch it out!

You could add many things to the platter to make it stretch. Olives, sliced avocado, sliced cheese and roasted or fresh capsicum strips. You could even add a second dip!

Per serve: **PROTEIN** 19g **TOTAL FAT** 43g **CARBOHYDRATES** 55g

FROM YOUR BOX

BABY SPINACH	1 bag (200g)
WRAP MIXTURE	1 packet
CARROT	2
LEBANESE CUCUMBER	1
TOMATOES	2
DIP	1 tub
SEASONED TEMPEH	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, sumac, maple syrup

KEY UTENSILS

2 x frypan, kettle, stick mixer or food processor

NOTES

The wrap mixture is made up of buckwheat flour, sumac and flaxseeds.

1/3 cupfuls of batter will give you roughly eight large sized wraps, but you can do 1/4 cupfuls if you want to make several smaller sized wraps.



1. PREPARE THE WRAPS

Boil the kettle.

Put half the spinach in a bowl. Cover with hot water, let sit for 1 minute and drain. Add back to bowl along with wrap mixture, **1 1/4 cups water, salt and pepper**. Blend with a stick mixer until combined.



2. COOK THE WRAPS

Heat a large frypan over medium-high heat with **oil**. Add 1/3 cupfuls (see notes) batter at a time, use a spatula to spread out in the frypan. Cook wraps for 1 1/2 minutes each side. Remove frypan from heat in-between pouring wraps. Repeat with remaining batter.



3. PREPARE THE VEGETABLES

Grate carrots, ribbon cucumber and slice tomatoes. Arrange on a platter along with remaining baby spinach and dip.



4. COOK THE TEMPEH

Heat a second frypan over medium-high heat with **oil**. Thinly slice tempeh and toss with **1 tsp cumin, 1 tsp sumac, 2tsp maple syrup and oil**. Add to frypan and cook for 3-4 minutes until starting to crisp.



5. FINISH AND SERVE

Add tempeh to platter along with the wraps and serve at the table.

6. THIS IS THE TITLE

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