



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



2 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	TOTAL FAT	CARBOHYDRATES
	20g	36g	87g

FROM YOUR BOX

PARSLEY	1 packet
LEMON	1
SHALLOT	1
ZUCCHINI	1
CHERRY TOMATOES	1 packet (200g)
CORN COB	1
CHICKPEA/TAPIOCA FLOUR	125g
SKORDALIA DIP	1 tub
MESCLUN LEAVES	1 bag (60g)

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, **2 tsp cumin**, **1 tsp paprika**, **1 tbsp olive oil**, **salt and pepper** until smooth.



2. ROAST THE VEGGIES

Slice shallot and zucchini. Halve tomatoes and remove corn from cob. Toss on a lined oven tray with 2 tbsp chermoula sauce. Roast in oven for 15–20 minutes until cooked through.



3. PREPARE THE WRAPS

Mix chickpea/tapioca flour with **3/4 cup water** and **1/4 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 a plate and repeat with remaining mixture.



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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