



### Product Spotlight: Omelette Mix

The Ceres Organics omelette mix is just as easy as making a traditional omelette! It has chickpea flour, potato starch and black Himalayan salt. Add veggies beforehand, or you can top with them after and make a wrap – it's all up to you.



## 1 Turmeric Veggie Wraps with Tomato Relish

Fluffy pan cooked wraps using Ceres Organics omelette mix, with turmeric veggies piled on top, served with a homemade tomato relish.



35 minutes



2 servings



Plant-Based

22 June 2020

## Spice it up!

*The relish can easily be customised to your taste! Try adding either crushed garlic, chilli flakes or dried herbs to the tomatoes as they cook.*

Per serve: **PROTEIN** 34g **TOTAL FAT** 25g **CARBOHYDRATES** 108g

## FROM YOUR BOX

BROWN ONION	1/2 *
TOMATOES	2
ZUCCHINI	1/2 *
RED CAPSICUM	1
CORN COB	1
THYME	1/2 packet *
OMELETTE MIX	2/3 cup
NUT FETA CHEESE	1/2 jar *
FESTIVAL LETTUCE	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, white wine vinegar, sugar (of choice), smoked paprika, ground turmeric, tomato paste

## KEY UTENSILS

frypan with lid, saucepan

## NOTES

Use a non-stick pan to cook the omelette mix if possible. It cooks much like a pancake and bubbles will start to appear when it's getting close to time to flip. Don't worry if yours breaks apart - the dish will still be yummy!



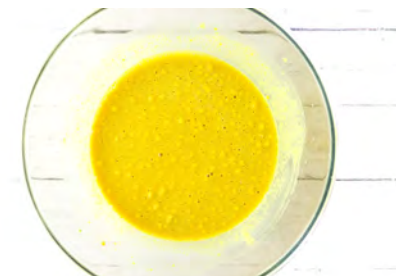
### 1. MAKE THE RELISH

Heat a small saucepan with **oil**. Dice onion and tomatoes. Add to pan and cook for 3 minutes. Stir in **1 tbsp vinegar**, **1/2 tbsp sugar**, **1 tsp paprika**, **1/2 tbsp tomato paste** and **1/4 cup water**. Simmer for 15 minutes, crush tomatoes with a fork as they soften. Season with **salt and pepper**.



### 2. PREPARE THE VEGETABLES

Slice zucchini and capsicum, remove corn from cob. Remove thyme leaves to yield 1 tsp.



### 3. PREPARE THE WRAP MIX

Combine 2/3 cup of omelette mix with **2/3 cup water** in a bowl or pouring jug.



### 4. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Add the vegetables, **1 tsp turmeric** and thyme leaves, cook for 5 minutes until softened. Season with **salt and pepper**. Remove to a plate.



### 5. COOK THE WRAPS

Add **oil** to frypan. Pour in half the omelette mix and leave to cook for 3-4 minutes (see notes). Use a spatula to flip the wrap and cook for a further 2-3 minutes. Remove to a plate and repeat with remaining mixture.



### 6. FINISH AND PLATE

Divide vegetables over wraps. Spoon cheese on top. Roughly tear lettuce leaves and serve on the side along with relish.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

