

Hummus & Roasted Vegetable Salad Wraps



INGREDIENTS

4 tortilla wraps

Mixed salad of your choice, suggestions are lettuce and cucumber for crunch and avocado for creaminess!

Hummus

1 tin of chickpeas, drained

2 large garlic cloves

4 tbsp light tahini

juice and zest from 1 large lemon

1 tsp ground cumin

½ tsp LoSalt

50ml Olive Oil

Roasted Vegetables

1 red pepper

2 red onions

1 courgette or aubergine

½ tsp ground cumin

¼ tsp LoSalt

1 tbsp Olive Oil

METHOD

Hummus

1. Put everything together in an electric mixer or blender and blend until smooth or keep it a bit chunky, whatever you like best! If it is a bit thick add a little bit of water or more olive oil.
2. For extra flavour warm the chickpeas in chicken or vegetable stock spiked with lots of herbs like rosemary and thyme or alternatively, make your hummus from dried chick peas which you soak overnight and then boil in stock until soft.

Roasted Vegetables

1. Slice the red pepper into strips
2. Slice the onion into chunky pieces
3. Chop the courgette or aubergine into 2cm cubes
4. Put them all together in a bowl with the olive oil, LoSalt and cumin and mix to coat evenly
5. Roast them all together in a 180°C oven for 30-40 minutes or until they are fragrant and starting to take on a dark colour on the edges

To prepare your wraps spread 3 tbsp hummus onto each wrap and top with the roasted veg and salad. Roll them up tight using a little hummus to stick the edge down. Slice in half and enjoy as a healthy delicious lunch!

Makes 4 wraps

RECIPE BY:
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