

TASTE WITHOUT WASTE

Warm Roast Vegetable Hummus Wraps

Serves 2

Ingredients

1 large carrot, trimmed and cut into roughly 1.5cmx4cm strips
¼ butternut squash, peeled, de-seeded and cut into roughly 1.5cmx4cm strips
½ red capsicum, de-seeded and cut into roughly 1.5x4cm strips
2 tbsp sunflower oil
¼ cup hummus
2 tsp sweet chili sauce
¼ tsp smoked paprika
large pinch sea salt
2 cups baby spinach, loosely packed
8 cherry tomatoes, halved
2 large whole-grain wraps

Method

Preheat the oven to 200c. Line a large baking sheet with baking paper. Toss the carrot, butternut squash and capsicum in a large bowl with the sunflower oil until all vegetable pieces are well coated. Roast for approximately 20 minutes or until tender. Set baking sheet on a wire rack to cool. *Note you can either serve the wraps with warm/hot roast vegetables, or cold.

Meanwhile, place the hummus, sweet chili sauce, paprika and sea salt in a small bowl and whisk until combined.

Set a large frying pan over a low-medium heat and place one wrap in the pan. Heat for 20 seconds either side, or until just warmed.

Set the warmed wrap on a chopping board and spread half of the hummus mixture in a 4cm thick line down the middle (horizontally to you), leaving 3cm at the left and right ends (so that you can fold them in). Now top with half of the spinach leaves and then arrange half of the carrot, butternut squash, capsicum and cherry tomatoes on top (so that they make a nice neat pile above the hummus). Fold the left and right ends in and then fold the edge of the wrap closest to you up and over the filling, tucking the edge of the wrap slightly under the filling. In one careful movement firmly roll the wrap up so that you now have a tight, long sausage. Cut in half on the diagonal and repeat with the second wrap.

Serve immediately or wrap tightly in cling-film to take as a packed lunch. Best eaten the day made.

Source: *A Taste Without Waste* original.

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