



Spicy California Walnut and Cauliflower Indian Wraps



Zubereitungszeit:

25 Minuten, Garzeit im Ofen:

30 Minuten

Nährwertangaben (pro Portion/Stück)

Energie: 317 kcal

Fett: 24,7 g

Eiweiß: 8,62 g

Davon gesättigte Fettsäuren: 3,5 g

Kohlenhydrate: 12,8 g

ungesättigte Fettsäuren: 21,2 g

Zubereitung:

1. Preheat oven to 475°F. Coat cauliflower with 1 tablespoon olive oil. Place on a baking sheet and roast for 25 to 30 minutes or until lightly browned
2. Reduce oven temperature to 350°F and toast walnuts for 5 minutes or until lightly browned. Add to pan with cauliflower.
3. Heat remaining olive oil in a large skillet over medium-high heat. Add onion and sauté for 5 minutes or until lightly browned. Add garlic, ginger and chile cook for 2 minutes more. Stir in water, tomato paste, golden raisins chili powder, garam masala, cumin, and salt; cook until mixture is thick and excess water has cooked off. Stir in cauliflower mixture and garlic oil. Cook for 3 minutes to let the flavors blend. Optional: Cauliflower mixture may be ground in a food processor so that it resembles the texture of ground meat.
4. Remove from heat and serve in butter lettuce wraps or Roti flatbread. Top with a dollop of the yogurt raita and microgreens.

Zutaten für 6 Portionen :

WALNUT MEAT

- 1 small head cauliflower, chopped*
- 1 cup California walnut pieces, chopped
- 2 tbsp extra virgin olive oil, divided
- cup minced sweet onion
- 2 tsp minced garlic
- tsp minced fresh ginger
- 1 Thai chili (or medium sized jalapeño), stemmed, seeded and minced
- cup water
- cup tomato paste
- cup golden raisins
- tsp teaspoons chili powder
- 2 tsp garam masala
- 1 tsp ground cumin
- 1 tbsp garlic oil
- 1 tsp kosher salt, to taste

YOGURT RAITA

- 1 cup Greek style yogurt (2%)
- cup cucumber, finely diced
- cup California walnuts, toasted and ground
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh cilantro, chopped
- Lime juice and zest to taste
- Sea Salt and Pepper to taste