



Stuffed tortilla wraps with fried courgette and cashew cream

Ingredients:

80 g cashew kernels
 100 g cream cheese
 0.25 tsp ground coriander
 Chilli powder, salt
 1-2 tsp lime juice
 1 medium 1 courgette
 2 tbsp olive oil
 Pepper
 1 garlic clove
 30 g rocket
 4 tortilla wraps
 200 g sliced turkey breast

Accessories:

Multi-element
 Ceran hob
 Griddle

Preparation:

Roast the cashew kernels and leave to cool. Finely chop the nuts. Mix the cream cheese with the finely chopped cashews and season with coriander, chilli, salt and lime juice.
 Wash the courgette and cut into thin sticks. Fry small portions in hot oil for 2-3 mins on each side and season with salt and pepper. Press the peeled garlic, add to the pan and fry briefly.
 Drain briefly on kitchen paper. Quickly heat the tortillas in the hot pan until soft. Spread with the cashew cream and fill with the courgette and turkey breast. Top with rocket, sprinkle over some cashews and wrap the tortillas. Halve if desired.

Notes:

Preparation time: approx. 30 mins / difficulty level: medium / calories p.p.: approx. 550

Powered by:



406 g CO₂ per person

74 % LESS CO₂ than the average when preparing this recipe.

More info on this recipe at Eaternity: www.eaternity.org

