

BLACK BEAN + CAULIFLOWER, CRISPY PARSLEY POTATO & PEANUT SLAW WRAPS

(vegan : egg-free : dairy-free : wholefoods)



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CRISPY PARSLEY POTATOES

6 medium potatoes, scrubbed
1 tablespoon extra virgin olive oil
½ teaspoon sweet paprika
½ teaspoon smoked paprika
1 clove garlic, finely chopped

DRESSING

½ bunch finely chopped fresh parsley
3 spring onions, finely sliced
1 tablespoon extra virgin olive oil
2 tablespoons brown rice vinegar

- Preheat a fan-forced oven to 200 degrees C.
- Dice potatoes into small chunks.
- Place on roasting tray. Drizzle with 1 tablespoon olive oil, scatter spices and garlic over.
- Roast in hot oven for about 30 minutes - or until golden brown.
- Combine dressing ingredients in a large bowl.
- Tip hot potatoes into dressing mixture, toss to combine and set aside whilst making the other fillings.

BLACK BEAN & CAULIFLOWER

½ head cauliflower, finely sliced & chopped
1 tablespoon extra virgin olive oil
1 Spanish red onion, finely sliced
1 clove garlic, finely chopped
450 gm can (or 1 cup cooked) black beans
1 tablespoon vegan Worcestershire sauce
1 tablespoon water
1 teaspoon roasted sesame oil



- Heat a large skillet over high heat
- Drizzle olive oil in skillet and sauté cauliflower till slightly golden.
- Add onion and garlic to pan. Turn heat down to medium. Sauté until onion is cooked. Add a splash of water if it starts to stick.
- Drain and rinse black beans and add to pan with Worcestershire sauce and water.
- Put lid on and cook over low heat until cauliflower is cooked through.
- Add sesame oil and turn off heat.

PEANUT SLAW

½ green cabbage
3 tablespoons peanut butter
3 tablespoons hot water
1 tablespoon sweet chilli sauce
1 tablespoon dark soya sauce
1 tablespoon brown rice vinegar



- Slice cabbage finely, then chop into small pieces.
- Combine all dressing ingredients in a small bowl or jar. Stir to mix, then pour over cabbage and toss to combine.

TO SERVE

Tortillas

Fresh lime wedges

- Warm the tortillas in dry frypan or under a hot grill.
- Fill each tortilla with a scoop of peanut slaw, crispy potatoes and black bean/cauliflower mixture.
- Fold up and serve with fresh lime wedges.
(serves 4)