



HealthMap
Gut Health Professionals

VEGETARIAN TORTILLAS

INGREDIENTS

Spices

- 1 ½ teaspoons of cumin
- 1-2 teaspoons of chilli powder.....depends how hot you like it
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- 1 ½ teaspoons of smoked paprika
- ¼ teaspoon of cayenne powder -if you can handle a bit of a party in your mouth!
- ½ teaspoon of oregano
- ½ teaspoon Kfibre

Vegetables

- 4 x portobello mushrooms (or similar) sliced thickly
- 3 x capsicums-one of each colour if possible sliced thickly-we're after a rainbow
- 1 x zucchini sliced into sticks (cut it in half then slice the halves into sticks)
- 1 x cup of grape, cherry
- 1 x can black beans (can use lentils or kidney beans or other)
- 1 x medium can (or fresh) of corn kernels
- 1 x medium red onion cut into thick slices

DIRECTIONS

All you need here is you your ingredients and one or two large oven trays so you can spread your love of vegies around!

1. Get your spice mix and oven tray ready—tofu mince can be made ahead of time and heated up when you need it.

2. Now turn your oven on to 180°C and go to the next step.

3. Lay out all your coloured vegies on the tray/s (I use baking paper but it's up to you).

4. Give them a good coverage of extra virgin olive oil (or EVOO if you prefer) and then cover them with the spice mix.

5. Get in there with your hands and make sure they all have some olive oil and spice on them.

6. Put the spiced vegies in the oven for ~20-30 mins (depends what your oven is like and how you liked them cooked).

7. In the meantime, take your tortillas (wholemeal or grain of course). Wrap them in alfoil and put them in the oven to heat up about 5-10 minutes before your amazing vegies are ready.

8. Put the tray of veggies in the middle of the table and let everyone help themselves. Easy!

Just before you wrap your tortilla up it will be a tough decision about what to put on it. The choice is yours:

Sour Cream/yoghurt, Guacamole, Chilli sauce, Cheese.....Enjoy!

This is a great meal to cook together with the kids or with your friends.

PREP TIME: 15 MIN
COOK TIME: 20MINS
TOTAL TIME: 35MINS
SERVES: 4 PEOPLE