



Vadouvan Curried Cauliflower Wrap

Prep time: 10 Cook Time: 40 Servings: 12

Better For You, Entrees, Flour Tortillas, FSR/QSR, Catering, Casual Dining, Plant-Based Preferences

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
12" Whole Wheat Tortilla	10254		12 Each
Cauliflower		cut into florets	2 1/4 Lbs.
Chickpeas			1 1/2 Lbs.
Curry Sauce		See Related Recipe	3 cup
Heirloom Tomatoes		diced	1 1/2 Lbs.
Baby Spinach			4 Oz.
Mango Chutney		See Related Recipe	1 1/12 cup

Instructions

1. Preheat deep fryer to 350°F.
2. Deep fry 3 oz. of cauliflower for 1 minute or until crisp and lightly browned. Drain onto paper towels.
3. In a hot pan (or mixing bowl if serving cold), toss cauliflower, 2 oz. of chickpeas, and ¼ cup of curry sauce until warmed through or well coated.
4. To assemble, on each tortilla, layer 1/3 oz. baby spinach, followed by the cauliflower and chickpea mixture, 2 oz. of tomatoes, and 1 oz. of mango chutney. Fold in one end of the tortilla and roll into a wrap. Serve immediately.



Curry Sauce

Prep time: 5 Cook Time: 35 Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Coconut Oil			2 Tbsp.
Red Onion		small dice	2 cup
Garlic		chopped	6 cloves
Vaudoan Curry		Spice	3 Tbsp.
Vaudoan Curry		Spice	1 tsp.
Diced Tomatoes		canned	56 Oz.
Yogurt		plain	1 cup

Instructions

1. Melt coconut oil in a large pan over medium-high heat. Add onion and garlic and sauté until the onions are soft. Add curry powder and cook an additional minute.
2. Stir in tomatoes and reduce until thick, about 25 minutes. Stir in the yogurt and reduce an additional 2-3 minutes.
3. Add half of the mixture to a blender and blend until smooth. Return to pan and reduce if sauce seems too thin. Reserve refrigerated.



Mango Chutney

Prep time: 5 Cook Time: 45 Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Mangos		peeled flesh diced	1 lb.
Red Onion		small dice	1 cup
Sugar			1 cup
White Vinegar			1 cup
Ground Ginger			1/2 tsp.
Cinnamon		ground	1/2 tsp.
Nutmeg		ground	1/2 tsp.
Red Chili Flakes			1/2 tsp.
Cloves		ground	1/4 tsp.

Instructions

1. In a medium saucepan over medium heat, add all ingredients. Stir to combine. Bring to a simmer and allow to reduce until thick and syrup-like, stirring occasionally, about 40 minutes.

