



Plant Based  
**RECIPES**

Cauli Wrap  
with *Garlic & Chives Spread*



# *You will need*

## **For the roasted cauliflower and chickpeas:**

100 gr of cooked chickpeas

100 gr of cauliflower florets

1 tbsp of oil

1 tbsp of mixed seasoning

## **For the rest:**

Greek pitas

Garlic and Chives Spread

Lettuce



# Method

- Add chickpeas and cauliflower to a baking tray and drizzle with oil
- Season with mixed seasoning, and cook for 30 minutes, at 200C
- Spread the Garlic and Chives Spread on the pita
- Top with lettuce and the roasted cauliflower and chickpeas

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SERVES



PREP TIME



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