



Recipes

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Spiced Potato & Veggie Dosa

Prep Time: 30 Minutes

Cooking Time: 25 Minutes

Serves 12

Ingredients:

12 each 12" Whole Wheat Tortilla (10254)
4 1/2 lbs. Russet Potatoes peeled , cut into small cubes
and blanched , chilled
2 fl. oz. Vegetable Oil
12 oz. Yellow Onions , medium diced
3 each Whole Garlic Cloves , minced
1 each Fresh Jalapeño , seeded and minced
2 Tbsp. Ground Turmeric
2 Tbsp. Madras Curry Powder
Salt and Pepper to taste
Green Peas , blanched and warm , to garnish
Red Bell Peppers , cut into thin strips , to garnish
Carrots , julienned , to garnish
Romaine Lettuce , rinsed and chopped into medium
pieces , to garnish
Spicy Coconut Chutney , see related recipe
Mint Chutney , see related recipe

Directions:

1. Heat oil in a large non-stick skillet over medium-high heat, add onions, garlic and jalapenos, sauté for 5-6 minutes, add blanched potatoes and heat through stirring frequently so they do not stick. Season with salt and pepper, turmeric and curry powder and cook for another 5-6 minutes stirring constantly. Reserve warm for assembly.

2. For one order: Spoon 6 ounces of potato mixture down the middle of a warmed Mission® Hearty Grains® Whole Grain Flour Wrap and garnish with equal amounts of peas, red bell peppers, carrots and romaine lettuce. Roll wrap in an open ended burrito. Plate with a small ramekin of each chutney. Repeat for remaining wraps.



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Spicy Coconut Chutney

Prep Time: 10 Minutes

Cooking Time: 0 Minutes

Serves 1

Ingredients:

5/8 oz. Shredded Sweetened Coconut

1/2 fl. oz. Water

1/8 tsp. Salt

3/4 each Dried Red Chiles

1/8 tsp. Freshly Ground Black Pepper

1/4 each Whole Garlic Cloves , smashed

1/8 oz. Shallots , peeled and rough chopped

1/6 each Fresh Lime , squeezed

Directions:

1. Combine coconut and water in a small bowl and soak for a few minutes.

2. Add coconut mixture and remaining ingredients to food processor and puree until almost smooth. Reserve chilled in an air tight container, will hold for 2 days.

Mint Chutney

Prep Time: 10 Minutes

Cooking Time: 0 Minutes

Serves 1

Ingredients:

1/2 cup Fresh Mint Leaves

1/4 cup Fresh Cilantro Leaves

1 tsp. Sugar

1/4 tsp. Ground Cumin

1/6 each Fresh Lemon , squeezed

1/8 tsp. Salt

1/3 fl. oz. Water

Directions:

1. Place mint and cilantro leaves, sugar, cumin into a food processor and puree into a paste, remove and add to mixing bowl. Stir in remaining ingredients, adjust seasoning if needed, reserve chilled in an air tight container, will hold 2 days.