



Recipes

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Curried Cauliflower and Black Lentil Tacos

Prep Time: 13 Minutes

Cooking Time: 15 Minutes

Serves 12

Ingredients:

7 cups Cauliflower florets
6 cups Butternut Squash , diced
1 cup Red Onion , sliced
1/2 cup Olive Oil
6 Tbsp. Curry Powder
As needed Salt
As needed Black Pepper
12 each 6" Smart Hearty Grains™ Tortilla (47086)
6 cups Black lentils, cooked, warm
3 cups Purple cabbage, shredded
3 cups Mint Yogurt Sauce, see related recipe

Directions:

1. To make Mint Yogurt Sauce: combine all ingredients in blender pitcher and puree until smooth. Reserve refrigerated.
2. In large mixing bowl, toss cauliflower, butternut squash, and onions with olive oil and season with curry powder, salt and pepper. Spread evenly on parchment-lined sheet pans and roast in a preheated 375°F convection oven for 15 minutes. Reserve warm.
3. To prepare single serving, top each warm tortilla with 2 Tbsp. cabbage, 1/4 cup each lentils and roasted cauliflower mixture, and 2 Tbsp. yogurt sauce.



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Mint Yogurt Sauce

Serves 1

Ingredients:

2 1/2 cups Plain Greek yogurt, or coconut yogurt
(vegan)
3/4 cup Mint leaves, fresh
2 Tbsp. Honey
1 Tbsp. Lime Juice

Directions:

