



## Recipes

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# Vadouvan Curried Cauliflower Wrap

Prep Time: 10 Minutes

Cooking Time: 40 Minutes

Serves 12

### Ingredients:

- 12 each 12" Whole Wheat Tortilla (10254)
- 2 1/4 lbs. Cauliflower , cut into florets
- 1 1/2 lbs. Chickpeas
- 3 cups Curry Sauce , see related recipe
- 4 oz. Baby Spinach
- 1 1/2 lbs. Heirloom Tomatoes , diced
- 1 1/2 cups Mangos Chutney , see related recipe

### Directions:

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 1/4 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.
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### Curry Sauce

Prep Time: 5 Minutes

Cooking Time: 35 Minutes

Serves 1

#### Ingredients:

- 2 Tbsp. Coconut Oil
- 2 cups Red Onion , small dice
- 6 cloves Garlic , chopped
- 3 Tbsp. plus 1 tsp. Vaudovan Curry Spice
- 56 oz. Diced Tomatoes , canned
- 1 cup Yogurt , plain

#### Directions:

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.
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### Mango Chutney

Serves 1

#### Ingredients:

1 lb. Mangos , peeled , flesh diced  
1 cup Red Onion , small diced  
1 cup Sugar  
1 cup White Vinegar  
1/2 tsp. Ground Ginger  
1/2 tsp. Cinnamon , ground  
1/2 tsp. Nutmeg , ground  
1/2 tsp. Red Chili Flakes  
1/4 tsp. Clove , ground

#### Directions:

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 syrupy, stirring occasionally, about 40 minutes.