

# Tortillas with Cavolo Nero & Toasted Chickpeas

Serves 4



## Ingredients

- 2 x 400g tinned chickpeas, drained and rinsed
- 2 tbsp tamari sauce (can substitute soy sauce)
- 1 tbsp avocado oil
- 1 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 2 tsp Worcestershire sauce
- Juice of 1 lime
- 1 head *Square Mile Farms* Cavolo Nero kale, de-stemmed and chopped into small pieces
- 8 corn or whole-wheat tortillas
- *Garnish with Square Mile Farms coriander microgreens*

## Creamy Dressing Ingredients

- 1/2 cup cashews or walnuts, soaked for at least 2 hours and drained
- 1 tsp chia seeds
- 1 garlic clove, minced
- 1/2 cup water
- 2 tbsp lemon juice
- 1/2 tsp salt
- 2 tsp maple syrup
- 1 tbsp dried dill

## Instructions

- Preheat oven to 180C.
- Mix chickpeas in the tamari, oil, cumin, paprika, Worcestershire sauce, and lime juice. Bake 30-35 minutes, or until chickpeas are crispy, stirring once or twice during cooking to prevent burning.
- Whilst the chickpeas roast, blend all dressing ingredients together in a high speed blender until smooth.
- Place the kale pieces into a large mixing bowl and massage the kale with the dressing.
- When the chickpeas are done, stuff each tortilla with about half cup each of kale and chickpeas.
- If you prefer, you can substitute the chickpeas for shredded chicken breast to make chicken & kale tortillas. Garnish with *Square Mile Farms* coriander microgreens.