



# Falafel and Butternut Wraps

with salad and creamy pesto sauce

20 – 25 mins • Veggie • Eat me first

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Diced Butternut Squash



Green Pesto



Salad Leaves



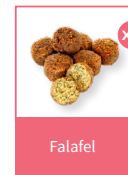
Wraps



Falafel



Creme Fraiche



Falafel

Pantry Items: Salt, Oil, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Baking sheet with baking paper

## Ingredients

	2P	4P
Diced Butternut Squash	300 g	600 g
Green Pesto	30 g	60 g
Salad Leaves	40 g	80 g
Wraps	4 units	8 units
Falafel	160 g	320 g
Creme Fraiche	65 g	110 g
Falafel	320 g	640 g

## Nutrition

	Recipe 1	
for uncooked ingredient	Per 100 g	Per 100 g
Energy (kJ/kcal)	687.1 kJ/ 164.2 kcal	676 kJ/ 162 kcal
Fat (g)	6 g	5.7 g
Sat. Fat (g)	1.8 g	1.6 g
Carbohydrate (g)	22.8 g	22.2 g
Sugars (g)	4 g	4 g
Protein (g)	4.2 g	4.5 g
Salt (g)	0.9 g	0.9 g

See site or app for detailed nutritional info.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

## Contact

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### Roast the Butternut

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Pop the **butternut squash** onto a large (lined) baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and golden, 18-20 mins. Turn the tray halfway through.



### Warm the Falafel

- When the **butternut** has been cooking for 10 mins, place the **falafels** onto a separate lined baking tray.
- Pop onto the middle of the oven and cook until warmed through, 8-10 mins.



### Finishing Touches

- Meanwhile, mix the **pesto** together with the **creme fraiche**. Season taste with **salt** and **pepper**.
- Just before serving, toss the **salad leaves** with a drizzle of **oil**. Season to taste with **salt** and **pepper**.
- Pop the **tortilla wraps** (2 per person) into the oven to warm, 1-2 mins.



### Fill and Serve

- Fill the **wraps** with the **butternut** and tossed **salad**.
- Crumble over the **falafel**.
- Finish with a drizzle of **pesto** sauce.
- Wrap tightly and cut in **half** to serve.

### Enjoy!