

tortillas with cauli-nut mince & pineapple salsa

gluten / dairy / naturally
FRIENDLY / FREE / SWEETENED

serves 4 (makes 8-10 tortillas)

ingredients:

tortillas:

2C tortilla flour
1C + 6-7 Tbsp cold water
pinch pink salt

cauli-nut 'mince':

½ small cauliflower*, chopped
¾ C walnuts
2 Tbsp tomato paste
1 Tbsp tamari[^] or soy sauce
1 tsp chilli powder
½ tsp cumin
½ tsp nutmeg
½ tsp garlic powder (optional)
pinch pink salt

pineapple salsa:

½ fresh pineapple, finely diced
¼ red onion, finely diced
7-8 cherry tomatoes, halved
juice of 1 lemon (or lime)
1 bunch flat leaf parsley or coriander, chopped

guacamole:

2 avocados
Juice of 1 lemon
Pinch pink salt

*Tip: We usually buy 1 whole cauliflower, chop up half for this recipe and then chop up and steam the other half. Once cooled pop in a bag in the freezer to add to smoothies during the week – it's a great vegetable replacement to fruit in smoothies if you want to reduce your sugar intake.

[^]Item not available online but is available in your local GoodFor store.

method:

Preheat the oven to 180 degrees. Prepare a baking tray with baking paper.

To make the nut-mince, place all ingredients in a food processor and pulse a few times until just combined – be careful not to over-process the mixture. Place mixture on the baking tray and bake for around 30 minutes, tossing the mix around half way through.

While the nut mince is baking, prepare your pineapple salsa by mixing all ingredients in a bowl. Leave in the fridge until you are ready to serve.

Prepare the guacamole by mashing two avocados, the juice of 1 lemon and pinch of salt in a bowl, mixing to combine. Leave in the fridge until you are ready to serve.

To make the tortillas, combine the flour, water and salt in a bowl. Mix well then lightly knead with your hands for 1 minute. The texture shouldn't be dry and just wet to touch. Roll the dough into one big ball and then grab roughly 30g of dough (about the size of a golf ball)



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– if you don't have a tortilla press, roll out the dough with a rolling pin to about 1.5mm thickness. If you want to get round tortillas like you would from a tortilla press, once you have rolled out your dough, place a sheet of baking paper on top and then a small bowl upside down, pressing into the dough to cut out a circle shape.

Place tortillas one at a time into a dry, medium-heat pan and turn after 20 seconds to seal each side and continue to turn after 20 seconds for 3 turns. The best result is for them to puff with steam in the middle after the second turn. Keep rolling out each tortilla and frying them in the pan. Stack the cooked tortillas on a plate covered with a clean tea towel to 'steam' them so they stay warm and moist.

To serve, spread a big dollop of guacamole onto the tortilla with some nut mince and pineapple salsa on top. Garnish with coriander and a squeeze of lime.

These homemade tortillas are best eaten fresh and tend to dry out if you leave them in the fridge. We recommend eating them straight away!

