GREENS AND CHEESE STUFFED TORTILLAS
WITH ZA'ATAR ROASTED CARROTS

Local Urban BITES

FAST. EASY. FRESH.

1. Start by preheating your oven to 425°F. Next, peel and chop the **carrots** into long ½- inch thick batons and place into a large bowl with 2 Tbsp. **olive oil** and the **za'atar**. Give everything a good mix to combine and then place on a parchment-lined baking sheet. Transfer to the oven and bake for 20-25 minutes, until tender and starting to brown.

2. Meanwhile, prepare your remaining ingredients. Peel and roughly chop the **shallots** and peel and mince the **garlic** cloves. Trim the ends off the **brussels sprouts** and then slice as thinly as possible. Pick the leaves off the **kale** stalks and give them a rough chop.

3. In a pan, heat 4 Tbsp. **olive oil** over medium-high heat. Add the **shallots**, **garlic**, and **brussels sprouts** and cook tossing occasionally, until softened and lightly browned, about 3 minutes. Add the **kale** and cook, stirring often, until tender, about 3 minutes. Remove from the heat and add 2-4 Tbsp. of **hot sauce** depending on preference and season with **salt** and **pepper** to taste.

4. Transfer your vegetable mixture to a bowl and then wipe out the pan with a clean dish cloth or paper towel. Next, grate your **cheddar cheese** and lay two **tortillas** out onto a flat surface.

5. To assemble, sprinkle each tortilla evenly with the vegetable mixture and the **cheddar cheese** and then top with the remaining **tortillas**. In the same pan you were using, dry-fry each tortilla over medium heat until golden brown on each side (about 3-4 minutes per side) or add 1 tsp. **olive oil** to the pan before frying for some extra crisp!

6. To serve, transfer your tortillas to dishes and slice into wedges and serve alongside the **yogurt** as a dipping sauce and your roasted **carrots**. Enjoy!

Ingredients (4 Person Serving – *948 Calories Per Serving*)

Tortillas	8 Large	Cheddar Cheese	280 g
Shallots	4	Carrots	6
Garlic	8 Cloves	Plain Yogurt	1 Cup
Brussels Sprouts	300 g	Za'atar	2 tsp.
Kale	6 Stalks	Olive Oil	6 Tbsp.
Hot Sauce	4 Tbsp.	Salt and Pepper	To Taste

30 Minute Cook Time!