

Recipe

SAMOSA SWEET POTATOES AND TOFU SCRAMBLE WRAPS



▶ Vegan, gluten-free, refined sugar-free, nut-free

▶ **Yield:** 3-4 servings

Prep Time: 5-7 min

Cooking Time: 30-35 minutes

▶ **Total Time:** 40-45 min

INGREDIENTS: SAMOSA SWEET POTATOES

2 sweet potatoes, peeled and cut into 1-inch cubes

1/4 cup (40 g) frozen peas

1 tsp (5 ml) coconut oil

1/2 tsp cumin powder

1/2 tsp coriander powder

1/2 tsp turmeric powder

1/2 tsp dried fenugreek leaves (optional)

1/4 tsp salt

1/4 tsp pepper

INGREDIENTS: TOFU SCRAMBLE

1 block (225 g) tofu

1 small onion, diced

1 tsp (5 ml) coconut oil

1 tsp (5 g) turmeric

1 tsp (5 g) nutritional yeast

1 tsp (5 g) garlic powder

Salt and pepper to taste

INGREDIENTS: WRAPS

Sliced red bell pepper

Sliced avocado

Whole wheat wraps

DIRECTIONS

1. **For the samosa potatoes:** steam the potatoes in a medium pot over high heat for 10-15 min, until you can easily poke a fork through a large piece. Drain when ready.
2. **For the tofu scramble:** while the potatoes are steaming, heat the coconut oil in a medium sized frying pan over medium heat. Add the onions and sauté until soft. Add splashes of water to prevent burning if needed. While the onions cook, gently squeeze out any excess water from the tofu, then crumble the tofu into the frying pan using your hands, or break it up with a spoon. Add the turmeric, nutritional yeast, garlic powder, salt, and pepper. Cook for 3-5 minutes until everything is heated through. Remove from heat and transfer to a plate.
3. Return the pan to the stove and melt the coconut oil, and add the drained potatoes. Panfry/mash the potatoes for a few minutes, before adding the peas and all the spices. Stir to mix and heat through. Transfer to a plate.
4. To assemble the wraps, add some potato filling and tofu scramble to the wraps, top with avocado and sliced red peppers. Enjoy right away, or let everything cool before assembling, wrap in tin foil or place in an air-tight container and take for breakfast the next day. Enjoy!

NOTES

1. **Storage:** store in the fridge for up to 2 days. Reheat fillings on the stove or in the microwave.
2. **Hash it out:** instead of boiling and mashing the sweet potatoes, you can under boil then pan fry them to make a crispy potato hash. This recipe is just as good with regular potatoes, but we suggest keeping the skins on for a bit of extra fibre.

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