



100% Not Schnitzel Wrap
RECIPE

100% Not Schnitzel Wrap



<?xml version="1.0"?>

TIME

15 Minutes

INGREDIENTS

12 items

MAKES

4 servings

Looking for a perfect menu item for your lunch or light meal selection? Try adding this delicious 100% Not Schnitzel Wrap for something full of flavour with a little extra crunch.

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INGREDIENTS

- 2 100% Not Schnitzels
- 400 g can of chickpeas, drained
- Zest and juice of 1 lemon, juice divided in half
- 1 tbsp. cumin seeds, lightly toasted
- 100 g beetroot hummus
- 2 tbsp. MasterFoods™ Professional Vegan Mayonnaise
- 2 handles of kale, central stems removed
- Olive oil spray oil
- 3 small radishes, finely sliced
- 1 – 2 tbsp. spiced dukkha
- 2 to 4 wholemeal flat bread wraps
- Small handful of fresh mint leaves and pickled chillies, to serve

PRODUCTS USED



MasterFoods Professional Gluten Free Vegan Mayonnaise 2.2kg

[SEE DETAILS](#)

Cooking Instructions:

1. 1

Mix half the lemon juice, zest, and cumin seeds with the chickpeas, set aside.

2. 2

Heat a deep fryer to 180°C. Cook Vegan schnitzel for around 3-4 minutes (from frozen) until evenly golden brown. Set aside to drain on paper towel.

3. 3

Mix the vegan mayonnaise through the beetroot hummus, and chill until needed.

4. 4

Lightly spray the kale leaves with oil and cook over medium heat in frying pan for a few minutes until they begin to crisp.

5. 5

Remove from heat, squeeze over remaining halved lemon juice and a good few pinches of sea salt flakes.

6. 6

To assemble, starting on one side of the flatbread spread a generous tablespoon of the beetroot hummus vegan mayonnaise mix, add kale, radishes, and chickpeas. Slice up the vegan schnitzel, arrange a couple of slices and sprinkle over the spiced dukkha. Serve warm.

Tips:

1. 1
Once the chicken is fresh out of the fryer, liberally sprinkle over some MasterFoods™ Professional Italian Herbs for extra flavour.
2. 2
For extra crunch, toast off some pine nuts or slivered almonds.
3. 3
Add some pickled jalapenos or a touch of MasterFoods™ Professional Hot Chilli Sauce for an extra kick.
4. 4
Turn it into a super grain salad with cooked brown rice and quinoa.

More Recipes Like This



[**Choc-Berry Bircher Muesli**](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[**Shredded Barbecue Chicken Pancakes**](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[**Gua Bao Buns**](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



New York Inspired Tagliatelle Pasta

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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