

# MasterFoods™

## PROFESSIONAL

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  
Mix half the lemon juice, zest, and cumin seeds with the chickpeas, set aside.
- 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  
Mix the vegan mayonnaise through the beetroot hummus, and chill until needed.
- 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  
Remove from heat, squeeze over remaining halved lemon juice and a good few pinches of sea salt flakes.
- 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  
Once the chicken is fresh out of the fryer, liberally sprinkle over some MasterFoods™ Professional Italian Herbs for extra flavour.
- 2  
For extra crunch, toast off some pine nuts or slivered almonds.
- 3  
Add some pickled jalapenos or a touch of MasterFoods™ Professional Hot Chilli Sauce for an extra kick.
- 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

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### [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](#)

## **Smoky Lentil Nachos**

Cooking time

10 min

Ingredients

20 items

[SEE DETAILS](#)

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