

AGT Foods Africa - Masterclass

4 TPP MINCE

BURRITO LETTUCE WRAPS

RECIPE

Mince

Ingredients

- TPP x 500gm
- Olive Oil x 1 TBLS
- Onion x 1
- Chilli Powder x ½ tsp
- Tomato paste x 2 TBLS
- Smoked paprika x 1 tsp
- Cayenne pepper x ¼ tsp
- Black beans x 1 tin
- Tin tomato x 1 tin
- Salt 1 tsp & Pepper ½ tsp (Ground White & Cracked Black)

Method

- Soak TPP in Veg stock & tomato paste (as per manufactures recipe)
- In a large pot, heat the oil, add the onion and cook until soft
- Add the TPP and seasoning
- Add tinned tomato and cook on low for approx. 5 to 7 minutes until all flavours are combined.

Vegetable Garnish

Ingredients

- Red onion diced x 1 small
- Cherry tomatoes chopped x ½ punnet
- Fresh coriander x 25gm
- Red cabbage finely shredded x 1 small head
- Butter lettuce 1 x small head
- Sugar snap peas x 200gm
- Limes x 2
- Spring onions diced x 1 bunch
- Vegan Mayo

Method

- Mix the chopped onion & cherry tomatoes together, add the coriander, pinch salt & pepper, and squeeze half lime. Set aside to marinade.
- Blanch sugar snap peas and julienne
- In a bowl/plate place ingredients as desired.
- Garnish with limes wedges, spring onions, coriander Vegan mayo.

UTENSILS:

- 1 x pot (2 to 3 Litre size) for making mince

- Chopping board
- 1 x prep bowl for soak TPP
- Platter/prep bowls for ingredients
- 2 x Silicon/stainless tongs
- 2 x Silicon/stainless spoon

PLATING & GARNISH:

- Fresh Herbs - coriander
- Edible flowers
- Funky individual bowl

ALTERNATIVES/VARIATIONS:

Reconstitute TPP in stock, water, even tomato juice.
Quick to cook