



**VEGETARIAN  
EXPRESS**



# Tandoori Tempeh Taco

## Ingredients

- 12 wraps-soft corn (10cm)
- 200g tempeh
- 20g tandoori paste
- 5g pumpkin seeds
- 4g nigella seeds
- 60g premium mango chutney
- 60g tomatoes
- 10g plant based sour cream

*Tandoori Paste may contain traces of Peanuts.*

*Pumpkin seeds may contain traces of Tree Nuts.*

*Nigella seeds may contain traces of Gluten, Celery, Mustard & Sesame.*

*Premium mango chutney may contain traces of Peanuts.*

## Method | SERVES 4

- Grate the tempeh and mix with the tandoori paste.
- Pan fry in a little oil for 5 minutes until fragrant and tempeh has coloured.
- Chop tomatoes and mix with mango chutney.
- In a dry pan, toast the tortillas until starting to blacken on both sides.
- Arrange as shown.

## Typical Nutritional Values

	per 100g	serving 111g
<b>Energy</b>	927kJ 221kcal	1029kJ 245kcal
<b>Fat</b>	9.9g	11.0g
of which Saturated	1.2g	1.3g
<b>Carbohydrate</b>	21.0g	23.3g
of which Sugars	6.5g	7.2g
<b>Fibre</b>	4.3g	4.8g
<b>Protein</b>	12.0g	13.3g
<b>Salt</b>	0.53g	0.59g

**Suitable for:** Vegan, Dairy free

**Allergens:** Soya

## Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using chicken & cream.

**CO<sub>2</sub> saving (g)**  
**118**

**Land use saving (m<sup>2</sup>)**  
**6**

**Water use saving (L)**  
**625**

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.