

Pumpkin Tortilla Bowl

Recipe of the Year 2020



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Total time: 35 min

Preparation: 15 min

Cooking: 20 min

Created by: QAST

Serves: 4

Category: Cold Meals

RRP: \$5.00 ea

Level: Easy

This price is provided as a guide only and should be checked before using it as a listed menu price.



See how it's done!
This recipe is viewable on
the **QTuckshops** YouTube
channel

Ingredients

- 2 each Jumbo Tortilla (12 inch)
- 200 g Pumpkin, diced
- 1 tbsp Olive Oil
- 1 tsp Paprika
- 1 tsp Cumin
- 1 tsp Turmeric
- 1 tsp Garlic Powder
- 1 tbsp Crushed Chilli
- 1 cup Red Cabbage, shredded
- 4 tbsp Black Beans, canned
- 4 tbsp Corn Kernels, canned
- 1 each Spring Onion
- 10 g Sunflower Seeds
- 0.25 each Lime
- 2 tbsp Vegan Mayo or Vegan Aioli
- 20 g Rocket

Recipe

1. Preheat oven to 180 degrees C. Line baking tray with baking paper.
2. Cut 8 circles from 2 jumbo tortilla and mould into an upside down muffin tin and bake until crisp (approx 6-10 minutes). (Use pre-made taco boats as a convenient alternative).
3. In a mixing bowl, mix pumpkin, olive oil, paprika, cumin, turmeric, garlic powder and crushed chilli. Spread on baking tray and roast pumpkin until golden and soft (approx 10 mins).
4. Rinse and drain red cabbage. To make the slaw - mix red cabbage, black beans, corn, spring onions, sunflower seeds, lime and vegan mayo/aioli.
5. To assemble, fill tortilla bowl and slaw mix. Add 4-5 cubes of pumpkin (warm or cold). Top with 1tbs of guacamole. Optional garnish with rocket. Serve (2 mini tortilla bowls = 1 serve)

Full description

This recipe is packed full of vegetables which makes it fresh, delicious and nutritious. A super simple dairy free and vegan option to add to the tuckshop menu that children will definitely enjoy!

1 serve = 2 tortilla bowls or pre-made taco boats. For teachers offer 1 large tortilla bowl.

This recipe is the winner of QAST Recipe of the Year 2020. Thank you Coombabah State School for submitting this recipe and congratulations!

To view our recipe demonstration video, click the Youtube icon above.