

Tortillas

Tortillas filling

Broad beans – podded and outer skin removed

Spinach leaves – wash and salad spin – chop

Kale leaves – chopped

Parsley – rock and chop

Potatoes – julienne

salt

pinch of pepper

extra virgin olive oil

oregano leaves – remove from stalk

lettuce leaves – chopped loosely

red cabbage finely shredded

What to do

1. Heat a small frypan with 2 tablespoons olive oil and add podded and shelled broad beans with a pinch of salt and 3 tablespoons of water.
2. Sauté for 5 minutes. Set aside.
3. Heat oven to 200C.
4. Chop **kale** into a bowl. Add 1 tablespoon of olive oil, ½ teaspoon of salt and mix with hands. Lay flat onto a baking tray and cook until crispy..
5. Julienne **potatoes** into a bowl. Add 2 tablespoons olive oil, 1 teaspoon salt, handful of **oregano** leaves and mix with hands. Lay on to a baking tray and cook until crispy.
6. Rock and chop **parsley** until very fine and place into a bowl. Add ½ cup of olive oil and mix lightly.
7. Make salsa.
8. Once all ingredients have been prepared you are ready to assemble your tortilla.

salsa

4 large tomatoes finely diced.

2 spring onions (white part), sliced.

handful of coriander, chopped.

$\frac{1}{2}$ tsp sumac

juice of $\frac{1}{2}$ lime

$\frac{1}{4}$ teaspoon salt and pinch of pepper.