



# WRAPS WITH KALE PESTO AND MEDITERRANEAN FILET PIECES

## INGREDIENTS

1 pack Garden Gourmet Sensational Filet Pieces Mediterranean Seasoning

2 large wheat tortillas

80 g roasted red pepper

20 g canned sweet corn

15 g kale leaves

15 g peeled hemp seeds

10 g brewer's yeast

3 tbsp extra virgin olive oil

1 small garlic (optional)

Salt and pepper



If you love pesto and Mediterranean food, this would be a great lunch recipe for you! Made with Garden Gourmet Sensational Filet Pieces Mediterranean seasoning, this dish is vegan, tasty and done in 20min.

## PREPARATION

### 1. Prepare the filet pieces

Prepare the Garden Gourmet Sensational Filet Pieces Mediterranean according to the instructions on the packaging.

### 2. Prepare the vegan pesto

Put the hemp seeds, chopped garlic, kale leaves, brewer's yeast and oil in the blender jug. Season it to your liking and blend.

### 3. Cut the pepper and spread pesto on tortillas

Cut the pepper into strips.  
Distribute the pesto on the tortillas.  
Divide the pepper in half of the tortillas.

### 4. Roll it up, and enjoy!

Spread the Sensational Pieces Mediterranean and the corn. Roll up. TIPS: It can be done by substituting the kale for basil.  
It can be done by substituting brewer's yeast with nutritional yeast or vegan Parmesan cheese. It can be done by substituting hemp seeds for pine nuts, cashews, almonds, etc.

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