

Spring Green Wraps

8 large, outer spring green leaves
200g houmous
2 carrots, grated
¼ small red cabbage, very finely shredded
1 ripe avocado, peeled, stoned and sliced
1 punnet of salad cress, snipped
For the dressing/dipping sauce:
4 tablespoons tahini
1 tablespoon soy sauce
2 teaspoons maple syrup
Juice of 1 lime
Sea salt and freshly ground black pepper

To make the dressing/dipping sauce, put all the ingredients into a bowl with a pinch of salt and pepper. Mix well until completely combined, then add warm water 1 teaspoon at a time, mixing after each addition until you reach a drizzling/ dipping consistency.

Heat a medium frying pan three-quarters full of hot water and bring to a simmer. Cut the woody stem from the very bottom of each spring green leaf, leaving as much of the leaf as possible intact. Dip each leaf, one at a time, into the hot water for 10 seconds or until wilted and bright green in colour. Remove and leave to one side. Spread the leaves out on a board. Divide the houmous between the leaves and spread it out. Arrange a little grated carrot, shredded red cabbage, sliced avocado and cress in the middle of each leaf. Drizzle each pile of vegetables with a little dressing, then fold the sides of the leaves inwards over the filling and roll up from the bottom, enclosing the mixture completely. Place the wraps, edge side down, on a board and slice them diagonally through the middle, then serve with the dipping sauce in a bowl on the side.

