

Styrian Pumpkin Seed Oil Wrap



Main dish

Kind of recipe



70 Minutes

Preparation



middle

Severity



Ingredients for 6 people

Tortillas:

400 g wheat flour
1 tsp salt
6 tblsp Styrian Pumpkin Seed Oil P.G.I.
250 g water
oil for frying

Fillings:

a) Arugula/Egg

6 hard boiled eggs
150 g arugula
400 g tomatoes
½ cup sour cream
1 tblsp mayonnaise
½ tsp mustard
½ tsp curry powder
½ tsp paprika powder (sweet)
1 tsp salt
freshly ground pepper

b) Tuna

1 can tuna fish (or 200 g smoked fish)
200 g cherry tomatoes
1 ½ cup sour cream
1 can corn (ca. 250 g)
1 can kidney beans (ca. 250 g)
3 hard boiled eggs
1 tsp salt
freshly ground pepper
herbs to taste (eg. oregano, dill,
marjoram, basil, hyssop, tarragon etc.)

Preparation

Tortillas:

Quickly mix all of the ingredients into a smooth dough and let rest for 15 minutes. Divide it into 12 pieces and roll out into a 1 mm thick round tortilla. Cook in a pan on both sides with a little oil.

Arugula/Egg Filling:

Peel the eggs and dice into small cubes, wash and let the arugula dry and dice the tomatoes. Excepting the arugula, mix all of the ingredients together, season with salt and add pepper to taste. Place some arugula on each warm tortilla, spoon the tomato-egg filling onto the arugula, roll the wrap together and serve immediately.

Tuna Filling:

Quarter the cherry tomatoes, flake the tuna, mix all of the ingredients together and season to taste. Spread the filling onto the tortillas, roll the tortillas into wraps and serve.

Tip: Let your fantasy run wild when filling the wraps - everything that tastes good is allowed!

Recipe from Gemeinschaft Steirisches Kürbiskernöl g.g.A. / Foto: Stefan Kristoferitsch