

Wraps with Cauliflower and Chickpeas in a Chili-Lime Soy Dressing

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

INGREDIENTS

2 portion(s)

- 1** small head of cauliflower, cut into small florets
- 1** can of chickpeas, drained and rinsed
- 2** whole grain wraps
- 1 tbsp** olive oil
- 1 tsp** chili flakes
- Juice of one lime
- 2 tbsp** Kikkoman Naturally Brewed Soy Sauce
- 1 tsp** honey
- Salt and pepper to taste

PREPARATION

Step 1

Preparation: Preheat the oven to 200°C (fan setting).

Step 2

1 small head of cauliflower, cut into small florets -
1 can of chickpeas, drained and rinsed - **1 tbsp** olive oil - **1 tsp** chili flakes - Salt and pepper to taste

Toss the cauliflower and chickpeas with olive oil, chili flakes, salt, and pepper, then roast them for 20–25 minutes.

Step 3

Juice of one lime - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** honey

Mix a dressing using lime juice, soy sauce, and honey.

Step 4

2 whole grain wraps

Warm the wraps briefly in a dry pan or in the oven.

Step 5

Spread the cauliflower and chickpeas over the wraps, drizzle with dressing, and roll them up.