

PULLED OAT TORTILLA STACK

Gluten & Dairy Containing
Moderate Salicylate & Amine
Vegetarian

This recipe is not suitable for those with coeliac disease.

However, oat gluten is significantly different to wheat gluten, so some people who are gluten intolerant may tolerate these oats.

If you eat meat, you may wish to replace the pulled oats with minced beef.

Makes ~ 4 serves

Ingredients:

- 240g packet pulled oats (Vegan meat)
- 2 medium potatoes
- ½ leek
- 220g Cherry bocconcini
- Rice bran oil for cooking

Sauce:

- 1 cup water
- ¼ cup red lentils
- ½ medium choko
- 1 stick celery
- ½ carrot
- 2 shallot
- 2 cloves garlic
- ½ tsp citric acid
- 1 tsp iodised salt

5 wraps: choose what is convenient for you

- Picture shows red lentil wraps. <https://glutenfreenutrition.com.au/fresh-red-lentil-wraps/>
- Suitable commercial wraps
- Buckwheat wraps. <https://glutenfreenutrition.com.au/savoury-lamb-pancake/>



Method:

Preheat oven to 180°C (350°F)

Sauce:

- In a saucepan, soak the red lentils in the water, while preparing the other vegetables
- Peel and chop the choko, celery, carrot and shallots
- Add the rest of the sauce ingredients to the red lentils and place the saucepan on the stove, cover with the lid, and bring to the boil
- Reduce the heat and simmer for 30 minutes
- Remove from the heat and allow mixture to cool, before blending
- Pour mixture into a food processor and blend until it's smooth

Filling:

- While the sauce is simmering, peel the potatoes and chop into roughly 1cm cubes
- Add rice bran oil to a fry pan and stir-fry the potato for about 20 minutes
- Dice the leek and half the bocconcini
- When the potatoes are a little browned and soft, add the leek and stir-fry for about 3 minutes
- Add the pulled oats and stir-fry for 6-7 minutes
- Fold through the blended vegetable sauce

Stacking:

Line the base and sides of a spring form pan, big enough to fit your wraps, with enough alfoil to fold across the top of the finished stack.

- Place a tortilla on the base of the pan
- Top with a quarter of the pulled oat mixture
- Top with a quarter of the bocconcini
- Repeat the layers
- Place the 5th tortilla on the top
- Cover the stack with alfoil
- Bake in the oven for 20 minutes

Serve:

- Serve pieces of the tortilla stack with vegetables or salad to suit your tolerances.

Storage:

Any leftovers are best eaten the next day as the commercial pulled oats packages suggest they should not be frozen.