

Mexican Inspired Lettuce Cups

When Mangoes are in season you can use them, or just use tomatoes when not. If it is cold, you can always make this with rice or fresh tortilla too.

12 lettuce leaves that can be used to hold salad

Mango salsa

1 mango chopped in small cubes

Few sprigs of coriander or mint roughly chopped

If in season 1 avocado chopped the same size as mango

¼ cup of roughly chopped parsley

Mix everything together.

Pecan mince

1 cup pecans

1 tbsp gluten free tamari

1 tsp cumin

1 tsp cold pressed olive oil

Hot chillies finely cut (optional)

For the pecan mince, add the pecans, cumin and chilli to the food processor, then pulse a few times. Add the olive oil and tamari, pulse a few more times.

Sunflower sour cream

1 sunflower seeds (soaked for 6 hours preferably)

½ small Spanish onion

½ cup filtered water

Juice of 1 lime

1 tsp salt

Place everything in the blender and blend until smooth.

Garnish

1 carrot peeled and julienne sliced with julienne peeler

Place the lettuce cups down, fill with pecan mince, then salsa, some sunflower cream and garnish.

The logo for Veet Karen, featuring the name in a stylized, handwritten script font.

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