

TO VEGETABLES  
**with love**

## Chickpea, avocado and tater tot wrap

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If you don't have tater tots (potato gems), you could also use frozen chips, wedges or even leftover roasted potatoes.

For gluten free, use a wheat free tortilla - my supermarket sells ones made with almond or cassava flour.

Serves 4

450g (1 pound) tater tots (potato gems)  
1 avocado, flesh roughly chopped  
1 can chickpeas, drained  
1 clove garlic, finely chopped  
1-2 scallions, finely chopped  
Juice of ½ lime, or more (to your liking)  
2-3 tablespoons vegan or regular mayonnaise  
1/2 teaspoon chipotle flakes or red chilli/pepper flakes  
sea salt and black pepper  
3-4 handfuls of spinach leaves (or shredded iceberg lettuce)  
4 large flour tortillas  
Hot sauce, to serve

Cook the tater tots according to package instructions.

Meanwhile, combine the avocado, chickpeas, garlic, scallions, lime juice, mayonnaise, chili/pepper flakes and season well with 1/2 - 1 teaspoon of sea salt and lots of black pepper.

Place a large frying pan/skillet on medium high heat and when hot, add one tortilla. Heat each side of the tortilla for 1-2 minutes, to both soften it and make it easier to fold (alternatively, wrap the tortilla in damp paper towel and microwave for 15-20 seconds).

Divide the chickpea and avocado mixture into roughly four portions. Working with one tortilla at a time, layer with a mound of the chickpea and avocado mixture in the center of the tortilla, top with a handful of spinach, and pile on some of the tater tots/potato gems. Finish with a drizzle of hot sauce. Bring the bottom of the tortilla up and over the filling, then fold in one side at a time, and then roll the burrito, tucking in the filling as you roll, until it is rolled close.

**Optional step or if your tortilla isn't the freshest:** If you'd like a crispier tortilla that is easier to eat, heat a skillet (frying pan) on medium high heat. Add a small drizzle of oil if you wish (it's also fine without) and place the burrito, seam side down, and cook until it's lightly golden, 2-3 minutes. Flip over and repeat on the other side. You can also warm it for a few minutes in a toaster oven. This extra step seals the burrito, making it will less likely fall apart.

Cut in half and eat immediately.