

Crispy Veggie Taquitos

(Vegetarian)

- 2 medium-large potatoes, peeled and chopped
- ½ T olive oil
- 1 medium carrot, grated or finely diced
- ½ medium-large onion chopped
- 3 garlic cloves, minced
- 165 g peas, frozen or canned
- 1 tsp curry powder
- 1 tsp onion powder
- ½ tsp ground cumin
- ¼ tsp ground nutmeg
- 1 tsp salt, to taste
- ¼ tsp smoked paprika
- Red pepper flakes, to taste
- Black pepper, to taste
- 60 ml vegetable broth
- 140 g cheese
- Taco seasoning, to sprinkle on top of taquitos (optional)
- 8-10 tortillas



1. Peel and chop the **potatoes** and cook in a pot with boiling water and **salt** until fork tender, **about 12-15 minutes**. Drain the water and mash the potatoes. Add a little **milk** for a creamier result. Set aside.
2. Heat in a pan over **medium-high heat** and add the chopped **onion**. Sauté for **3 minutes**, stirring frequently,
3. Add the grated **carrot**, minced **garlic**, all **spices** and sauté for **a further minute**.
4. Pour in the **vegetable broth**, add **peas** (frozen), put the lid on and cook for a few minutes until the carrot is softened. Turn off the heat.
If using frozen peas, make sure to let them thaw completely. If canned peas, drain and rinse.
5. Add the mashed **potatoes** and **cheese**. Use a fork or a potato masher to combine everything.
6. Taste the veggie mixture and adjust seasonings. Add more salt/black pepper/spices to taste. If you want it spicier, add more red pepper flakes to taste.
7. Preheat oven to **210°C** and line a large baking sheet with parchment paper.
8. Place about 2-3 T of the filling onto each tortilla and roll them up tightly. Place every tortilla seam-side down on the baking sheet, next to each other. Brush with a little vegetable oil or spray (makes them more crispy) and sprinkle with some **taco seasoning**.
9. Bake in the oven for **about 17-20 minutes** or until they are golden brown and crispy.
10. Broil for a few extra minutes (optional).

Serve with pak chee, salsa, yogurt, or guacamole.

Store leftovers covered in the fridge for up to 3 days or freeze in zip lock bags for up to 2 months.

Notes

Can use chickpeas or beans instead of peas to add healthy plant-based protein.

Want the taquitos extra crispy? Pan-fry them with some oil instead of baking until nicely browned on all sides and crispy.

For store-bought corn tortillas, make sure to warm them in a covered pan, or wrapped in a damp paper towel in the microwave (for **about 30-40 seconds**). You can also use flour tortillas