

Recipe makes
6 servings

Prep time
40 minutes

Cook time
30 minutes



NUTRITION INFO PER SERVING

(1/6 recipe)

Calories 330

Protein 2.9 g

Phenylalanine 91 mg

INGREDIENTS

LOW PROTEIN WRAP STRIPS

2 cups low protein all-purpose mix (plus extra for dusting)
1 tsp baking powder
2 tsp psyllium husk powder
3/4 cup warm water
2 tsp olive oil

FAJITA SALAD

1/4 cup vegetable oil
1 medium sized red onion, peeled and sliced
1 red pepper, sliced
1 green pepper, sliced
6 mushrooms, washed and sliced
1 1/2 cups eggplant, raw, sliced
6 cherry tomatoes, quartered
2 cloves garlic, peeled and crushed
20 oz can jackfruit, drained and shredded
1 cup cilantro, fresh, chopped
2 Tbsp fajita mix, dry, divided
1/4 cup tomato purée
2 lemons, quartered
1/4 cup light mayonnaise
4 cups romaine lettuce, chopped
Salt, to taste
Fresh ground black pepper, to taste

DIRECTIONS

FOR THE LOW PROTEIN WRAP STRIPS

- 1 Add low protein all-purpose mix and baking powder to a medium-sized bowl.
- 2 Add remaining ingredients to a separate bowl. Stir well, and allow to stand for 5 minutes, until thickened.
- 3 Pour the thickened mixture into the bowl containing the dry ingredients and knead into a dough.
- 4 Dust a clean worktop surface with low protein all-purpose mix; divide the dough into four equal parts.
- 5 Roll each dough ball out (into approximately 6 inch diameter circles) using a rolling pin.
- 6 Cut into 1/2 inch wide strips and set aside.

FOR THE FAJITA SALAD

- 1 Heat vegetable oil in a frying pan over medium heat and add onions, peppers, mushrooms, eggplant, tomatoes, garlic, and jackfruit. Sauté for 5 minutes.
- 2 Add cilantro, 1 Tbsp of fajita mix, tomato purée, and lemons; sauté for 10–15 minutes or until soft.
- 3 Remove the lemon pieces.
- 4 Preheat gas grill to 400°F, turn the heat to low.
- 5 Place low protein wrap strips directly on the grill grates.* Close the lid and cook for about 1–2 minutes. Flip the wrap strips with a spatula and cook for another minute. Transfer cooked strips to a paper towel covered plate.
- 6 Combine the remaining fajita mix, mayonnaise, and lettuce in a medium-sized bowl.
- 7 Layer the lettuce and jackfruit mixture onto six plates; top with the wrap strips.
- 8 Season with salt and pepper to taste.

**Note: Wrap strips can also be cooked using a hot griddle on your stove top.*

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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