

Buche de Chevre Wrap

Delicious Buche de Chevre wrap with sautéed green beans, spring onions, and walnuts in warm lavash. A French-inspired vegetarian appetizer ready in 10 minutes.

5 min

PREP

5 min

COOK

10 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 4.8 oz green bean
- 0.5 cup walnut
- 2 sprig scallion
- 4 wheat tortilla
- 1.6 oz buche cheese
- 0 olive oil

Instructions

- 1 Prepare the vegetables**

Slice 4.8 oz green beans diagonally into thin pieces. Finely chop 2 sprigs of spring onions, separating white and green parts.
- 2 Toast the walnuts**

Heat a large skillet over medium heat. Add 1.6 oz walnuts and toast for 2-3 minutes, stirring frequently, until fragrant and lightly golden. Transfer to a cutting board and roughly chop.
- 3 Cook the vegetables**

Add 0.5 cup olive oil to the same skillet over medium heat. Add sliced green beans and white parts of spring onions, sautéing for 3-4 minutes until beans are tender-crisp and bright green.
- 4 Warm the bread**

Preheat oven to 150°C (300°F). Wrap 4 mini lavash breads in damp paper towels and warm in oven for 1-2 minutes until pliable and heated through.

5 Assemble the wraps

Spread buche de chevre evenly across the lower third of each warm lavash. Top with sautéed green bean mixture and sprinkle with chopped walnuts and green parts of spring onions.

6 Roll and serve

Starting from the filled end, tightly roll each lavash while tucking in the sides to prevent filling from escaping. Cut each wrap diagonally in half and serve immediately while warm.

Tips

Toast the walnuts until they're golden and fragrant, but watch carefully to prevent burning - they can go from perfect to bitter in seconds.

Warm the lavash bread just until pliable; overheating will make it brittle and prone to cracking when rolled.

Allow the Buche de Chevre to come to room temperature before assembling for easier spreading and enhanced flavor.

Cut green beans on the diagonal for more elegant presentation and better distribution in the wrap.

Drain any excess moisture from the sautéed vegetables before assembling to prevent soggy wraps.

For easier rolling, place the cheese closer to one edge of the lavash rather than in the center.

Secure completed wraps with toothpicks and slice diagonally for an attractive presentation.

Serve immediately after assembly for the best texture contrast between the warm bread and cool, creamy cheese.