

Kabaklı Dürüm

Turkish zucchini wrap with hummus, sun-dried tomatoes and arugula. Healthy Mediterranean flavors in a convenient handheld meal. Ready in 11 minutes.

5	6	11	4	Easy
HAZIRLIK DK	PİRME DK	TOPLAM DK	PORSİYON	ZORLUK

Kabaklı Dürüm

Malzemeler

- 4 zucchini
- 4 tbsp olive oil
- 4 wheat tortilla
- 12 tbsp hummus
- 16 sun dried tomato
- 1 bunch arugula
- 10 drop fresh lemon juice
- 1 pinch black pepper

Yapılışı

- Prepare the zucchini**

Heat a large frying pan over medium-high heat. Brush the 4 zucchini slices with 2 tablespoons of olive oil on both sides, coating evenly.
- Cook the zucchini**

Cook the zucchini slices for 2-3 minutes per side until golden brown and tender when pierced with a fork. Transfer to a plate and set aside.
- Warm the bread**

Place the 4 lavash breads in the same pan and heat for 30 seconds per side until warm and pliable. Remove from heat.
- Assemble the wraps**

Place each lavash on a clean work surface. Spread 3 tablespoons of hummus evenly across each lavash, leaving a 1-inch border around the edges.
- Arrange the zucchini**

Arrange the grilled zucchini slices in a line across the center of each wrap. Top with 4 sun-dried tomatoes per wrap.
- Divide the arugula**

Divide the 1 bunch of arugula evenly among the 4 wraps, placing it over the zucchini and tomatoes.
- Drizzle with oil and lemon**

Drizzle each wrap with the remaining 2 tablespoons olive oil and 10 drops of lemon juice. Season with 1 pinch of black pepper divided among all wraps.
- Roll the wraps**

Roll each wrap tightly from one end to the other, tucking in the sides as you roll to prevent filling from spilling out.
- Serve**

Cut each wrap in half diagonally with a sharp knife and serve immediately while the bread is still warm.

?puçlar?

Salt the zucchini slices lightly and let them sit for 10 minutes before grilling to draw out excess moisture, then pat dry for better browning and texture.

Warm the lavash bread in a dry pan for 30 seconds per side before assembly – this makes it more pliable and less likely to crack when rolling.

Use a pastry brush to apply olive oil evenly on zucchini slices for consistent browning and to prevent sticking to the pan.

Roll the wrap tightly from one end to the other, then slice diagonally with a sharp knife to create clean cuts without squishing the filling.

If the hummus is too thick, thin it with a tablespoon of warm water or lemon juice for easier spreading.

Choose firm, medium-sized zucchini for the best texture – avoid large ones which can be watery and seedy.

Let the grilled zucchini cool for 2-3 minutes before assembling to prevent the wrap from becoming soggy from steam.

Wrap completed dürüm in parchment paper and twist the ends for easy handling and mess-free eating.