

9g ⌚ 1 h | Medium

Keto vegan kebab wraps with garlic sauce

These colorful low carb vegan kebab wraps are a healthy and delicious plant-based protein source. Perfect for lunch or dinner for the whole family, a low carb twist on a Middle Eastern delicacy.



6 Servings

Ingredients

Vegan kebabs

½ cup (2½ oz.) almonds
½ cup (2⅓ oz.) pumpkin seeds
8 oz. (3¼ cups) mushrooms, sliced
½ cup light olive oil, divided
¾ cup (2¾ oz.) pea protein powder (unflavored)
¼ cup (1⅓ oz.) chia seeds
1 garlic clove, pressed
2 tbsp fresh parsley, finely chopped
2 tsp ground cumin
2 tsp onion powder
1 tsp ground coriander seed
¼ cup water
1 tsp salt
¼ tsp ground black pepper

Instructions

Vegan kebabs

- 1 Preheat the oven to 350°F (175°C).
- 2 Heat up a large dry frying pan and roast the almonds and pumpkin seeds until lightly browned and fragrant. Put them in a food processor and pulse for a couple of minutes.
- 3 Fry the mushrooms in a large frying pan in 1/3 of the olive oil until soft and moist.
- 4 Add the cooked mushrooms in the food processor together with the remaining oil and the rest of the kebab ingredients. Mix for a couple of minutes. Let sit for about 5 minutes.
- 5 Form the mixture into sausage-shaped kebabs. Place them on a baking sheet.
- 6 Bake in the oven for 20 minutes or until crispy. In the meantime, prepare the sauce and the veggies.

Garlic sauce with mint

- 1 Add the aquafaba (the liquid in a can of cooked chickpeas), lemon juice and garlic in a tall blender jar or measuring jug.

Garlic sauce with mint

3 tbsp aquafaba
(chickpea liquid)

1 tbsp lemon juice

2 garlic cloves, pressed

1 cup light olive oil

2 tsp dried mint

¼ tsp salt

Veggies

1 (1 oz.) Romaine lettuce

10 oz. cucumber, diced

2 (8 oz.) tomatoes

½ (2 oz.) red onion, diced

½ cup (¼ oz.) fresh
parsley, finely chopped

② Blend on high speed with an immersion blender for about 30 seconds until frothy.

③ Add olive oil in a very slow, thin stream, while mixing on full speed. A smooth, creamy emulsion should form. Towards the end, move the immersion blender up and down to incorporate a little air to get it more fluffy.

④ Add the dried mint and salt, and combine.

Veggies

① Cut off the end of the romaine lettuce, wash and separate the leaves.

② Finely dice the cucumber, tomatoes, red onion and parsley. Mix together.

③ Top the romaine lettuce leaves with a kebab each, salad and garlic sauce.

Can I freeze the vegan kebabs?

Yes, the vegan kebabs freeze well, so why not make a double batch and put the leftovers in the freezer for another day.

Keto falafel

You could also turn the kebabs into falafels by rolling them into balls. After they have been baked, you can fry them in flavorless coconut oil or avocado oil for a crispier crust.

Serving suggestions

You could also serve this dish with some oven-roasted veggies, like eggplant, zucchini and onion or top them with a generous dollop of guacamole.

Is protein powder really healthy?

Although we generally recommend choosing non-processed foods, vegans on a low-carb diet may find it very challenging to meet their daily protein needs through whole foods alone.

Including plant-based protein powders can help bridge the protein gap while adding very few carbs.

A few organic, less-processed options are Garden of Life Organic Protein Powder, Foods Alive Organic Pea Protein Powder, and Jarrow Formulas Organic Pumpkin Seed Vegan Protein Powder.