

Spicy Kale Wrap (Tassili's-Inspired)

Tassili's Raw Reality Cafe in Atlanta, GA has a cult following for a reason. Their kale wrap hits that balance of spicy, creamy, tangy, and deeply satisfying without feeling heavy.

Ingredients

Kale Base

- 1 large bunch curly kale, stems removed and chopped
- 1–2 tablespoons olive oil
- Juice of 1 lemon
- 1 teaspoon liquid aminos
- Pinch of salt (optional)

Spicy Dressing

- 1 ripe avocado
- 2 tablespoons tahini
- 1–2 tablespoons lemon juice
- 1 clove garlic
- 1–2 teaspoons cayenne pepper (adjust to taste)
- 1 teaspoon smoked paprika
- 1–2 tablespoons nutritional yeast (optional)
- 1–2 teaspoons liquid aminos
- 2–4 tablespoons water (to thin)
- Salt to taste (use lightly)

Add-Ins (Optional but Recommended)

- Shredded carrots
- Thinly sliced red onion
- Cherry tomatoes, halved
- Sliced cucumber
- Cooked chickpeas or lentils

Sautéed Mushrooms (Optional)

- 1 cup sliced mushrooms
- 1 tablespoon olive oil
- 1–2 teaspoons liquid aminos

Wrap Options

- Large collard green leaves
 - Whole wheat wraps
 - Spinach wraps
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Instructions

1. Massage the Kale

In a large bowl, combine chopped kale, olive oil, lemon juice, liquid aminos, and a pinch of salt. Massage for 2–3 minutes until the kale becomes softer, darker, and slightly glossy.

2. Prepare the Dressing

Add all dressing ingredients to a blender. Blend until smooth and creamy. Adjust consistency with water as needed. Taste and adjust seasoning.

3. Cook the Mushrooms (Optional)

Heat olive oil in a pan over medium heat. Add mushrooms and cook until browned. Stir in liquid aminos and cook until slightly caramelized. Remove from heat.

4. Build the Filling

In a large bowl, combine:

- Massaged kale
- Spicy dressing (start with a few spoonfuls)
- Desired add-ins
- Mushrooms (if using)

Mix well. Taste and adjust:

- Add lemon juice for brightness
- Add more dressing for creaminess

- Add cayenne for more heat
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5. Assemble the Wrap

Lay out your wrap or collard leaf.

Add a generous portion of the kale mixture.

Drizzle additional dressing if desired.

Fold in the sides and roll tightly.

Tips for Best Results

- Let the mixture sit for 10–15 minutes before serving to allow flavors to develop.
 - Avoid overdressing initially; kale will release moisture over time.
 - Balance flavors as needed:
 - Too salty: add avocado or water
 - Too mild: add lemon juice or cayenne
 - Too heavy: add fresh or pickled vegetables
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Storage

- Store filling separately from wraps for best texture
- Keeps well in the refrigerator for up to 2 days