

# That's a Wrap!

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*tacos  
wraps  
handhelds*



*the* **endlessmeal**.®



# Hi, I'm Kristen!

For as long as I can remember, I've been in the kitchen. I was one of those kids who asked for cookbooks for my birthday, and by the time I was a teenager, I was collecting kitchen gadgets for the day I'd finally have a space of my own. Not much has changed - I still ask for cookbooks, and my gadget drawer is... well, let's just say it's full.

Back in 2011, I started The Endless Meal as a place to share recipes with friends and family. I never imagined it would grow into what it is today, with so many of you cooking along with me in your own kitchens.

I've always had a soft spot for wraps, tacos, and anything you can hold in your hands. There's just something about a meal that's a little messy, packed with flavor, and meant to be eaten straight from the plate (or, let's be honest, standing at the counter). This collection brings together some of my go-to favorites — the kind of recipes I come back to again and again.

Thank you so much for being here and for being part of this community. It truly means the world to me.

*kristen*

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## did you make a recipe?

Be sure to tag us on Instagram **@TheEndlessMeal**  
We love seeing what you made!

**SERVES: 4**

# Chorizo Swiss Chard Wrap

🕒 **Prep Time: 20 minutes**   **Cook Time: 10 minutes**   **Total Time: 30 minutes**

## Ingredients

- 1 tablespoon olive oil
- 1 large sweet potato (cubed)
- 1 cup chopped chorizo
- 1 small red onion (finely sliced)
- 1 clove garlic (minced)
- ½ cup corn (thawed if frozen and drained if canned)
- ½ cup black beans
- 1 teaspoon smoked paprika
- ½ teaspoon EACH: salt and pepper
- 4 large Swiss chard leaves
- Sour cream, chopped cilantro, and lime juice (for serving)

## Instructions

1. Heat the oil in a small frying pan over medium-high heat. Add the sweet potatoes and cook for 5 – 8 minutes.
2. Add the chorizo for 3 more minutes, until it releases its oil, then add the onion and garlic and cook for 2 more minutes. Add the corn, black beans, paprika, salt, and pepper, and cook for 1 more minute.
3. Cut the stem from each leaf, removing the big vein from the center by slicing down the side of the spine if thick.
4. Bring a large pot of water to a simmer. Prepare a large bowl of iced water. Working in batches, drop 1 leaf in hot water for 20 to 30 seconds until it is soft and rollable. Immediately plunge the leaf into iced water to stop the cooking, then place it on a paper towel and pat it dry. Repeat for all the remaining leaves.
5. Place the sweet potato and chorizo in the center of the chard leaf, then top with sour cream, cilantro, and a squeeze of lime. Fold the sides of the leaf on top of the filling, then tightly roll from the stem to the top of the leaf to form a wrap. Slice the wraps in half with a sharp knife and serve immediately.



**SERVES: 4**

# Roast Beef Sandwich

🕒 **Prep Time: 5 minutes**   **Cook Time: 0 minutes**   **Total Time: 5 minutes**

## Ingredients

- 1 cup sliced radishes
- 2 tablespoons mayonnaise (plus extra for the bun, optional)
- 1 tablespoon prepared horseradish
- 2 teaspoons capers
- 4 soft buns (brioche or kaiser buns work well)
- Arugula or romaine lettuce (for the buns)
- 8 ounces sliced roast beef

## Instructions

1. In a small bowl, combine the radishes, mayonnaise, horseradish, and capers.
2. Spread mayonnaise on both sides of each bun and top with lettuce, roast beef, and the radishes.



**SERVES: 4**

# Pork Belly Tacos

🕒 **Prep Time: 10 minutes**   **Cook Time: 50 minutes**   **Total Time: 1 hour**

## Ingredients

### For the pork belly

- 1 lb pork belly (sliced into ½" strips – SEE NOTES)
- 1 tablespoon taco seasoning
- 1 teaspoon brown sugar
- ½ teaspoon sea salt

### For the tacos

- 8 small tortillas (warmed)
- 2 cups shredded cabbage
- [Taco sauce](#), limes, and cilantro (to serve)

## Instructions

1. Preheat your oven to 400 degrees Fahrenheit. Line a baking sheet with parchment paper. Slice the pork belly into ½-inch strips (see notes), then sprinkle the taco seasoning, brown sugar, and sea salt evenly over both sides.
2. Lay the pork belly slices onto the baking sheet and bake for 30 minutes. Turn the slices over and continue to bake for another 20-30 minutes, until the pork belly is browned and crispy – SEE NOTES. Prepare the toppings for the tacos while the pork belly cooks.
3. To assemble the tacos, lay a warm tortilla on a plate and top it with a slice of pork belly, some cabbage, cilantro, and a drizzle of taco sauce.
4. Serve the chicken with some minced parsley and lemon slices.



## Notes

If you buy pre-sliced pork belly, it may be thinner. If so, check it after 30 minutes. If the meat is tender and well-browned, remove it from the oven.

**SERVES: 4**

# Steak Lettuce Wrap

🕒 **Prep Time: 10 minutes**  
**Cook Time: 5 minutes**  
**Total Time: 15 minutes**

## Ingredients

- 6 ounces of steak
- ½ teaspoon EACH: sea salt and pepper
- ½ medium carrot (grated)
- 1 green onion (sliced into long strips)
- ½ red bell pepper (diced small)
- 2 tablespoons parsley or cilantro
- 1 tablespoon lemon juice (freshly squeezed)
- 1 clove garlic (finely grated – preferably with a microplane)
- ¼ cup toasted slivered almonds
- Sea salt (to taste)
- 3 tablespoons dijon mustard
- 2 teaspoons honey
- 12 small pieces of lettuce (kale or endive)



## Instructions

1. Season steak on both sides with salt and pepper. Sear on high heat until it is as cooked as you like (4-5 minutes for medium-rare). Let it rest for 10 minutes, then slice it into thin strips.
2. Add carrot, green onion, pepper, parsley or cilantro, lemon juice, and garlic to a medium-sized bowl. Toss with slivered almonds and salt to taste.
3. In a small bowl, combine mustard and honey, then mix until well combined.
4. To serve, lay the lettuce leaves on a platter, add a spoonful of the salad, and top with a slice of steak. Either drizzle the honey mustard sauce on top or serve it on the side as a dipping sauce.

**SERVES: 4**

# Grilled Salmon Sandwiches

🕒 **Prep Time: 10 minutes**   **Cook Time: 6 minutes**   **Total Time: 16 minutes**

## Ingredients

- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- ½ teaspoon EACH: garlic powder, smoked or sweet paprika, sea salt, and pepper
- 4 pieces of salmon (skin removed – see notes)
- 4 brioche buns
- Tartar sauce, sliced pickles, and arugula (to serve)

## Instructions

1. Preheat your grill to medium-high. In a small bowl, mix the olive oil, Italian seasoning, garlic powder, paprika, salt, and pepper.
2. Dry the salmon with paper towels, then spread the paste on both sides.
3. Grill the salmon for 3 minutes, then flip it over and grill it for another 3-4 minutes. Place the brioche buns on the grill, cut sides down, for 1 minute while the salmon is cooking.
4. To assemble your salmon sandwich, slather the toasted buns with tartar sauce, top with arugula and the salmon, and finish with a few slices of pickles.



**SERVES: 4**

# Shrimp Tacos

- 🕒 **Prep Time: 25 minutes**
- Cook Time: 5 minutes**
- Total Time: 30 minutes**

## Ingredients

### Shrimp Taco Sauce

- ½ cup finely minced cilantro
- ½ cup sour cream
- ¼ cup mayonnaise
- ¼ cup pickled jalapeños
- 2 tablespoons fresh lime juice
- 1 green onion
- 1 large garlic clove
- 1 pinch sea salt

### Shrimp Tacos

- 1 ½ lb peeled shrimp
- 1 ½ tablespoons taco seasoning
- 1 tablespoon cooking oil
- ½ teaspoon sea salt

### Everything Else

- 2 cups shredded cabbage
  - 12 4-inch corn or flour tortillas
- diced avocados, cotija or feta cheese, minced red onion, pickled jalapeños, lime wedges (for serving)



## Instructions

1. Add the shrimp taco sauce ingredients to your food processor and blend on high until mostly smooth.
2. In a large bowl, mix the shrimp with taco seasoning, oil, and salt. Heat a large frying pan over medium-high heat. Add the shrimp and let them cook for 2 minutes. Flip them over and cook for 1 more minute.
3. Mix ¼ cup of the shrimp taco sauce with shredded cabbage to make the slaw.
4. Assemble the tacos by piling the slaw on top of warm tortillas, then topping with the shrimp and any or all of the optional toppings.

**SERVES: 4**

# Thai Chicken Lettuce Wraps

🕒 **Prep Time: 20 minutes**  
**Cook Time: 20 minutes**  
**Total Time: 40 minutes**

## Ingredients

### Peanut Satay

- 1 cup coconut milk (from a can)
- 3 tablespoons all-natural peanut butter
- 1 tablespoon EACH: brown sugar, fish sauce, and soy sauce (gluten-free if needed)
- 1 teaspoon sriracha
- 1 tablespoon lime juice
- The Sauce
- ¼ cup EACH: honey, chicken stock, and soy sauce (gluten-free if needed)
- 1 tablespoon EACH: cornstarch, sesame oil, and rice vinegar

### The Thai Lettuce Wraps

- 1 tablespoon sesame oil
- 1 lb ground chicken
- 1 small onion (minced)
- 1 tablespoon minced ginger
- ½ teaspoon EACH: salt and pepper
- 3 cloves garlic (minced)
- 1 medium carrot (diced)
- 1 medium red bell pepper (diced)
- 14-ounce can baby corn (drained and cut into bite-sized pieces)
- ½ cup chopped green onions (cut on a diagonal)
- ¼ cup cilantro
- Bibb lettuce or butter lettuce (to serve)
- Lime, cilantro, chopped peanuts (to garnish)



## Instructions

1. Add the coconut milk, peanut butter, brown sugar, fish sauce, soy sauce, and sriracha to a small pot over medium heat. Whisk well and then let it heat until it thickens. Remove the pot from the heat and whisk in the lime juice.
2. Make the sauce next by whisking the ingredients together in a small bowl.
3. Heat the sesame oil in a large pan over medium heat. Add the chicken, onion, ginger, garlic, salt, and pepper, and cook until the chicken is no longer pink and any liquid has evaporated from the pan, about 7 minutes.
4. Add the carrot and bell pepper and cook for 2 minutes, until they begin to soften. Add the corn and the sauce, stirring until the sauce is bubbly and thick. Stir in the green onions and cilantro.
5. Fill the lettuce wraps, then top with satay sauce and any or all of the garnishes.

**SERVES: 4**

# Sheet Pan Shrimp Tacos

- 🕒 **Prep Time: 20 minutes**  
**Cook Time: 20 minutes**  
**Total Time: 40 minutes**

## Ingredients

### The shrimp

- 1 lb shrimp (chopped)
- ½ teaspoon EACH: chili powder, cumin, onion powder, garlic powder, and salt
- 1 tablespoon avocado oil

### The crispy tacos

- 8 6-inch tortillas
- 3 tablespoons avocado oil
- 12 ounces shredded Tex-Mex cheese blend
- ½ cup thinly sliced cabbage
- Optional for serving: guacamole, pickled red onions, sour cream, cilantro, shrimp taco sauce



## Instructions

1. Preheat your oven to 425 degrees Fahrenheit. Add the chopped shrimp to a medium-sized bowl and mix with the spices.
2. Heat the oil in a large, non-stick frying pan over medium-high heat. Add the shrimp and cook for 2-3 minutes.
3. Wrap the tortillas in a cloth (or parchment paper) and warm them in the microwave for 30 seconds.
4. Brush the oil over a large sheet pan. Put the tortillas on top, turning them over a few times so they are lightly coated with oil. Use two sheet pans, if needed.
5. Assemble the tortillas by sprinkling some cheese on one half of each tortilla, then top with the shrimp and shredded cabbage, and finish with the remaining cheese. (Letting some of the cheese escape around the tortillas makes wonderfully cheesy tacos.) Fold each tortilla in half and press it down slightly to form the tacos.
6. Bake the tacos for 10 minutes, then flip them and bake for another 10 minutes. Let the tacos cool for a few minutes – they will get crispier as they cool. Serve the tacos with all of your favorite taco toppings!

**SERVES: 4**

# Egg Salad Sandwich

🕒 **Prep Time: 10 minutes**   **Cook Time: 10 minutes**   **Total Time: 20 minutes**

## Ingredients

- 8 large eggs
- ½ cup mayonnaise (can be light – see notes)
- 1 tablespoon pickle juice (see notes)
- 2 teaspoons dry mustard (or dijon mustard)
- 1 medium celery stalk (finely diced)
- 2 green onions (finely minced)
- ¼ teaspoon EACH: salt and pepper

## Make it a sandwich

- 8 slices of sandwich bread
- 4 tablespoons butter (at room temperature)
- 8 leaves of butter lettuce

## Instructions

1. Place the eggs in a medium-sized pot and cover with 1 inch of water. Bring the pot to a boil over high heat for 1 minute, then remove the pot from the heat and let it rest, covered, for 10 minutes.
2. Drain the pot, then cover the eggs with cold water and change the water a few times to cool them. When the eggs are cool enough to handle, remove their peels, then rinse them under running water to make sure all the peel is off.
3. Cut the eggs in half, then scoop out the yolks and place them into a large bowl. Finely mince the egg whites.
4. Add the mayonnaise, pickle juice, Dijon mustard, celery, green onions, salt, and pepper to the bowl with the egg yolks and mix well. Stir in the minced egg whites.
5. Butter the bread, place 2 butter lettuce leaves on 4 of the slices, top with the egg salad, and put another slice of bread on top.



**SERVES: 4**

# Chicken Karaage Tacos

- 🕒 **Prep Time: 40 minutes**  
**Cook Time: 20 minutes**  
**Total Time: 1 hour**

## Ingredients

### Chicken Karaage

- 8 boneless chicken thighs
- ½ cup soy sauce
- 2 cups cooking oil
- ¼ cup cornstarch
- 12 4-inch tortillas
- 2 cups shredded cabbage
- Sesame seeds (*to serve*)

### Quick Pickled Cucumbers

- ½ cup rice vinegar
- 1 tablespoon sugar
- 1 teaspoon sesame oil
- ½ teaspoon chili flakes
- 1 pinch sea salt
- 3 mini cucumbers (*sliced*)

### Kimchi Mayo

- ½ cup mayonnaise (*can be light*)
- ½ cup kimchi
- 1 pinch sea salt



## Instructions

1. Cut the chicken thighs into 3-4 pieces each and put them into a large bowl. Pour the soy sauce over the chicken and mix. Put the bowl into your fridge for 30-60 minutes.
2. To make the quick pickles, bring the rice vinegar, sugar, sesame oil, chili flakes, and salt to a boil in a small pan. Place the cucumber slices into a heat-proof bowl and pour the hot vinegar over the top. Let the cucumbers sit in the pickling liquid for at least 20 minutes.
3. To make the kimchi mayo, add the mayonnaise and kimchi to your blender and blend on medium speed until mostly smooth. Do not blend the mayonnaise at high speed as it can break and become watery. Season to taste with salt.
4. Using a slotted spoon, remove the chicken from the soy sauce and use paper towels to dry any excess moisture. Add the cornstarch to the bowl and mix the chicken well. Add more, if needed, if the chicken still looks wet in places.
5. Heat the oil over medium heat in a large frying pan with high sides. To test the oil temperature, dip one end of a piece of chicken into the oil. If it starts bubbling rapidly, it's ready. When the oil is ready, carefully add about ⅓ of the chicken to the pan. Let it cook for 3-4 minutes then turn the pieces over and cook for 2-3 minutes more. Remove the crispy chicken and put it on a cooling rack with a baking sheet underneath. Finish frying the rest of the chicken.
6. To assemble the tacos, pile some cabbage onto a tortilla then top with a few pieces of karaage chicken, some shredded cabbage, pickled cucumbers, kimchi mayo, and a sprinkle of sesame seeds.



# thank you for reading!

If you've made it this far, I have a feeling you love a good wrap as much as I do.

These are the kinds of recipes I come back to again and again — easy to make, packed with flavor, and just a little bit messy in the best way. I hope they've found their way into your kitchen and onto your table.

If you try any of the recipes, I'd love to hear what you think. Your notes, tweaks, and little kitchen wins mean so much to me.

Thank you for being here and for being part of this community. It truly means the world.

*kristen*

