

Handheld meals

Tacos Wraps and Flatbreads

Fold, fill, roll, and share a satisfying meal



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

A good handheld meal depends on proportion as much as flavor. The bread or tortilla needs enough flexibility to hold the filling, the filling needs enough moisture to be pleasant without soaking through, and the vegetables need cuts small enough to stay inside each bite. This collection includes folded corn-tortilla tacos, rolled flour-tortilla wraps, lettuce cups, warm flatbread meals, and a simple homemade skillet bread. Some fillings are vegetarian; others use fish, poultry, pork, beef, or already-cooked canned tuna. The methods give each ingredient a useful place rather than asking one generic filling to suit every wrapper. Warm tortillas shortly before assembling, dry lettuce thoroughly, and use a slotted spoon when a vegetable topping has collected juice. Read flatbread and tortilla labels for wheat, milk, egg, or other ingredients, and choose substitutions that fit your needs. These original recipes from Junction Table by CrownThrive, LLC form a development edition and have not been kitchen-tested. Follow the stated safe protein temperatures and taste components together before adding more salt. A lightly filled, neatly folded wrap is usually easier to enjoy than an overfilled one.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Lime Fish Tacos with Cabbage - AI-generated realistic food artwork, not a photograph or tested result.

Lime Fish Tacos with Cabbage

4 servings | Prep: 20 minutes | Cook: 15 minutes

Ingredients

- 1 pound firm white fish fillets
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 3/4 teaspoon kosher salt, divided
- 3 cups shredded cabbage
- 3 tablespoons lime juice, divided
- 1/2 cup plain yogurt
- 1 small garlic clove, grated
- 8 small corn tortillas
- 1 avocado, sliced
- 2 tablespoons chopped cilantro

Method

1. Heat the oven to 425°F. Rub fish with oil, cumin, paprika, and 1/2 teaspoon salt. Arrange on a lined sheet pan and bake 10–15 minutes until the thickest part reaches 145°F.
2. Toss cabbage with 2 tablespoons lime juice and remaining salt in a bowl. Stir yogurt, garlic, and remaining lime juice separately to make a cool sauce.
3. Warm tortillas in a dry skillet over medium heat for about 30 seconds per side, then hold under a clean towel. Break cooked fish into large pieces with a fork.
4. Divide cabbage, fish, avocado, and sauce among the tortillas. Scatter cilantro over them and serve immediately, keeping the warm fish separate from the chilled sauce until assembly.

Cook's tip

Remove thin fish pieces as they finish rather than overcooking them.

Substitution

Use salmon cooked to 145°F and dairy-free yogurt instead of white fish and dairy yogurt.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3–4 days. Reheat thoroughly.

Ingredient allergen notes

fish, milk

Turkey Ginger Lettuce Wraps

4 servings | Prep: 20 minutes | Cook: 20 minutes

Ingredients

- 1 pound ground turkey
- 1 tablespoon neutral oil
- 2 garlic cloves, minced
- 1 tablespoon grated ginger
- 1 carrot, finely diced
- 8 ounces mushrooms, finely chopped
- 3 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon toasted sesame oil
- 12 large lettuce leaves
- 2 scallions, sliced
- 2 tablespoons chopped peanuts

Method

1. Heat neutral oil in a large skillet over medium-high heat. Add turkey and cook 7–9 minutes, breaking it into small pieces. Add carrot and mushrooms and cook 5 minutes more.
2. Stir in garlic and ginger and cook 30 seconds. Add soy sauce and vinegar and cook 3 minutes, checking that a dense spoonful of turkey reaches 165°F.
3. Remove from heat and stir in sesame oil and scallions. Wash lettuce leaves and dry them thoroughly, choosing intact leaves that can cup a few spoonfuls of filling.
4. Divide warm filling among leaves and scatter peanuts over each portion. Serve three wraps per person, assembling close to eating so the lettuce remains crisp and easy to hold.

Cook's tip

Chop mushrooms finely so their savory flavor spreads through the filling.

Substitution

Use ground chicken cooked to 165°F or crumbled firm tofu instead of turkey.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3-4 days. Reheat thoroughly.

Ingredient allergen notes

soy, wheat, sesame, peanut

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Warm the wrapper, build the filling, gather

Turn fish, beans, roasted vegetables, and skillet fillings into meals that are easy to fold and share. Tacos Wraps and Flatbreads presents twelve recipes with different wrappers and a clear path from cooking to assembly. Warm tortillas so they bend, reduce excess moisture before filling, and give fresh vegetables and chilled sauces their own space at the worktop. Fish tacos, toasted sweet potato burritos, and mushroom flatbread pizza show how texture changes with the final fold or bake. From lettuce wraps to homemade skillet flatbread, this Junction Table by CrownThrive, LLC collection helps you organize a handheld supper with deliberate portions and practical finishing steps.

- Bake seasoned fish and warm corn tortillas for cabbage-filled tacos.
- Roll bean, rice, and roasted sweet potato burritos, then toast the seams.
- Cook moisture out of mushrooms before baking mozzarella-topped flatbreads.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Mushroom Mozzarella Flatbread Pizza

AI-generated realistic food artwork