

# UCOOK

## Bacon Ranch Wrap

**with bell pepper & crispy onion bits**

Crispy bacon pieces are combined with fresh green leaves, tomato rounds, and cucumber half-moons, all topped with sliced bell pepper, crumbled feta, and crispy onion bits. The finishing touch is a drizzle of ranch dressing! Warm up the tortillas, assemble your ingredients, and wrap your taste buds around this scrumptious and easy meal, Chef!

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**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person


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**Chef:** Morgan Otten

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 Quick & Easy

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 Domaine Des Dieux | Chardonnay 2019

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## Ingredients & Prep

20g	Green Leaves
1	Tomato
100g	Cucumber
1	Bell Pepper
30g	Danish-style Feta
5ml	NOMU One For All Rub
87,5ml	Ranch Dressing <i>(60ml Low Fat Plain Yoghurt, 25ml Buttermilk &amp; 2,5ml Wholegrain Mustard)</i>
6 strips	Streaky Pork Bacon
2	Wheat Flour Tortillas
10ml	Crispy Onion Bits

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. PREP STEP** Rinse and finely shred the green leaves. Rinse and slice ½ the tomato into thin rounds. Rinse and cut the cucumber into thin half-moons. Rinse, deseed, and cut ½ the bell pepper into strips. Drain and crumble the feta.

**2. READY THE RANCH** In a bowl, combine the NOMU rub, the ranch dressing, and seasoning. Set aside.

**3. CRISPY BACON** Place a pan over medium-high heat. When hot, fry the bacon slices until browned and crispy, 1-2 minutes per side. Drain on paper towel and chop into bite-sized pieces.

**4. CHARRED PEPPER** Return that pan to medium-high heat with a drizzle of oil. When hot, fry the pepper slices until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**5. TORTILLA TOASTY** Return the pan, wiped down, to medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

**6. WRAP IT UP!** Lay down the tortillas. Top with the shredded leaves, the tomato rounds, the cucumber half-moons, the bell pepper strips, and the crispy bacon pieces. Generously drizzle over the ranch dressing. Scatter over the crumbled feta and the crispy onions. Fold up and enjoy, Chef!

## Nutritional Information

Per 100g

Energy	541kJ
Energy	129kcal
Protein	5.3g
Carbs	12g
of which sugars	2.3g
Fibre	1.5g
Fat	6.8g
of which saturated	2.8g
Sodium	326mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Cook  
within 2  
Days