



UCOOK

Spanish Chicken & Pineapple Wraps

with roasted garlic mayo & fresh chives

With culinary influences from Europe and Africa, it's no wonder Spanish food has some of the most loved recipes in the world! If you haven't tried it before, prepare to fall head over stomach as you bite into a toasted tortilla wrap, stacked with fresh greens, sweet pineapple, NOMU Spanish Rub-spiced chicken, roasted garlic mayo, and crispy onion bits for crunch.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

 Strandveld | Grenache

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Ingredients & Prep

150g	Free-range Chicken Mini Fillets
10ml	NOMU Spanish Rub
2	Wheat Flour Tortillas
1 unit	Roasted Garlic Mayo
20g	Green Leaves <i>rinse & roughly shred</i>
60g	Tinned Pineapple Pieces <i>drain</i>
20g	Piquanté Peppers <i>drain</i>
3g	Fresh Chives <i>rinse & roughly slice</i>
20ml	Crispy Onion Bits

From Your Kitchen

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

1. GOLDEN SPANISH CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. In the final minute, baste with the NOMU rub. Remove from the pan, season, and set aside.

2. TOASTED TORTILLAS Place the tortillas on a plate and heat up in the microwave, 30-60 seconds. Alternatively, place a clean pan over medium heat. When hot, toast the tortillas until heated through, 30-60 seconds per side.

3. LET'S WRAP THINGS UP Smear the wraps with the mayo, top with the shredded salad leaves, the charred juicy chicken, the drained pineapple pieces, the drained peppers, the chopped chives, and the crispy onion bits. That's a wrap, Chef!

Nutritional Information

Per 100g

Energy	951kj
Energy	227kcal
Protein	10.7g
Carbs	18g
of which sugars	3.9g
Fibre	1.7g
Fat	12.4g
of which saturated	2.9g
Sodium	400mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Eat
Within
3 Days