



# UCCOOK

## Chicken & Kimchi Wraps

with kimchi & spring onion

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Caitlin Swanepoel

**Wine Pairing:** Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	626kJ	3045kJ
Energy	150kcal	730kcal
Protein	8.9g	43.4g
Carbs	12g	60g
of which sugars	5.6g	27.3g
Fibre	1.1g	5.5g
Fat	2.9g	14g
of which saturated	0.9g	4.5g
Sodium	254mg	1237mg

**Allergens:** Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

**Spice Level:** Hot

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	White Sesame Seeds
100g	200g	Cucumber <i>rinse &amp; cut into thin half-moons</i>
1	1	Spring Onion <i>rinse, trim &amp; finely slice</i>
20g	40g	Green Leaves <i>rinse &amp; thinly shred</i>
10ml	20ml	Lemon Juice
1	2	Free-range Chicken Breast/s
60ml	120ml	Sweet Kewpie Mayo <i>(30ml [60ml] Kewpie Mayo &amp; 30ml [60ml] Plum Sauce)</i>
3	6	Wheat Flour Tortillas
50g	100g	Kimchi

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. **SESAME SEEDS** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. **GORGEOUS GREEN SALAD** Place the cucumber, ½ the spring onion and the green leaves into a bowl. Add the lemon juice (to taste), a drizzle of oil and season.

3. **DELICIOUS CHICKEN** Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. **DRESSED TO IMPRESS** In a small bowl, loosen the sweet kewpie dressing with water in 5ml increments until drizzling consistency. Season and set aside.

5. **TOAST THE TORTILLA** When the chicken has 2-3 minutes remaining, place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

6. **PRETTY SPECTACULAR** Lay down the toasted tortillas. Top with the kimchi, dressed greens and the chicken slices. Generously drizzle over the kewpie dressing. Garnish with the toasted seeds and the remaining spring onion (to taste).

**Chef's Tip** If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!