



# UCCOOK

## Chicken Caesar Wrap

with avocado & croutons

Can't decide between a salad and a wrap for dinner? Then let's make both! All your favourite ingredients from a caesar salad - golden fillets of chicken, crunchy croutons, creamy avo, & cheese - are coated in a caesar dressing, then wrapped up in toasted tortillas. Because why not, Chef?

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**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

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**Serves:** 1 Person

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**Chef:** Samantha du Toit

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Quick & Easy

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Muratie Wine Estate | Muratie Melck's-  
Sauvignon Blanc 2023

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## Ingredients & Prep

150g	Free-range Chicken Mini Fillets
10ml	NOMU Poultry Rub
2	Wheat Flour Tortillas
1	Avocado
20g	Green Leaves <i>rinse &amp; roughly shred</i>
50g	Cucumber <i>rinse &amp; cut into half-moons</i>
20ml	Grated Italian-style Hard Cheese
30g	Croutons
50ml	Creamy Caesar Dressing

## From Your Kitchen

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

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

**2. TOASTY TORTILLAS** Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

**3. CREAMY AVO** Halve the avocado and set aside half for another meal. Peel the skin off, keeping the flesh intact. Dice the avocado and season.

**4. IT'S A WRAP!** Top the toasted tortillas with the rinsed green leaves, the grilled chicken, the cucumber half-moons, and the diced avo. Scatter over the cheese and the croutons. Drizzle over the creamy caesar dressing. Wrap up and tuck in, Chef!

## Nutritional Information

Per 100g

Energy	749kJ
Energy	179kcal
Protein	9.8g
Carbs	17g
of which sugars	1g
Fibre	3.3g
Fat	8.4g
of which saturated	2g
Sodium	305mg

## Allergens

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

Eat  
Within  
3 Days