



# UCOOK

## Moroccan Chicken Wrap

with crispy kale & red pepper hummus

This delicious recipe combines flavours of creamy red pepper hummus spread on a toasted tortilla wrap, then layered with crispy kale, Moroccan-spiced chicken, earthy beetroot, and crumbly salty feta. Time to bust out the pots and pans, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Quick & Easy

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 Creation Wines | Creation  
Viognier/Roussanne

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## Ingredients & Prep

150g	Beetroot Chunks <i>cut into bite-sized pieces</i>
50g	Kale
80g	Baby Tomatoes
20g	Radish
25g	Danish-style Feta
1	Free-range Chicken Breast
15ml	NOMU Moroccan Rub
2	Wheat Flour Tortillas
50ml	Red Pepper Hummus
10g	Pumpkin Seeds

## From Your Kitchen

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

**1. CAN'T BEET THIS DISH** Preheat the oven to 220°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. TIME FOR SOME PREP** Rinse the kale, the baby tomatoes, and the radish. Halve the baby tomatoes and thinly slice the radish into rounds. Shred the kale and drain the feta. In a bowl, combine the halved baby tomatoes, the radish rounds, a drizzle of olive oil, and seasoning.

**3. ALL HAIL THE KALE** Place the shredded kale on a separate roasting tray. Massage the kale with a small drizzle of oil and seasoning until softened and coated. Set aside.

**4. READY THE ROAST** When the roast has 5-8 minutes remaining, pop the tray of massaged kale in the hot oven and roast for the remaining time.

**5. BUTTER-BASTED & BROWNE CHICKEN** Pat the chicken dry with paper towel and cut into 1cm strips. Coat in the NOMU rub and seasoning. Place a pan over a medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the chicken strips until browned and cooked through, 1-2 minutes per side. Remove from the pan and set aside.

**6. TORTILLY TASTY** Return the pan, wiped down, to a medium heat. When hot, toast the tortillas until warmed through, 30-60 seconds per side.

**7. IT'S A WRAP!** Lay down the toasted wrap. Smear with the hummus. Top with the crispy kale, the spiced chicken, the roasted beetroot, and the tomato & radish. Crumble over the drained feta and sprinkle over the pumpkin seeds. Wrap up and enjoy, Chef!

## Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until crispy, 25-30 minutes. If you want to toast the pumpkin seeds, place them in a pan and toast until golden brown, 3-4 minutes.

## Nutritional Information

Per 100g

Energy	522kj
Energy	125kcal
Protein	8.9g
Carbs	12g
of which sugars	1.6g
Fibre	2.3g
Fat	4.1g
of which saturated	1.6g
Sodium	334mg

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook  
within 3  
Days