



UCCOOK

Mediterranean Wrap

with a creamy pesto, olives & artichokes

Warmed tortillas are layered with creamy Pesto Princess Basil Pesto sauce, then topped with chickpeas, briny olives, artichokes, cheese & cucumber. Lunch is a wrap, Chef!

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 1 Person

Chef: Jemimah Smith

*New Lunch

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

40ml	Creamy Pesto <i>(10ml Pesto Princess Basil Pesto & 30ml Crème Fraîche)</i>
2	Wheat Flour Tortillas
120g	Chickpeas <i>drain & rinse</i>
20g	Pitted Green Olives <i>drain</i>
30g	Artichoke Hearts <i>drain & roughly chop</i>
30g	Grated Cheddar Cheese
50g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Salt & Pepper
Water

1. PESTO SAUCE In a small bowl, loosen the creamy pesto with water in 5ml increments until smooth and spreadable. Season.

2. WARM TORTILLAS Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.

3. MEDITERRANEAN MEAL Spread the tortillas with the creamy pesto. Top with the drained chickpeas, the drained olives, the chopped artichokes, the cheese, and the cucumber half-moons. Season, fold up, and tuck in, Chef!



Chef's Tip

Use a toasted sandwich maker to toast the filled tortillas if you have one.

Nutritional Information

Per 100g

Energy	908kJ
Energy	217kcal
Protein	7.5g
Carbs	21g
of which sugars	1.8g
Fibre	3.8g
Fat	10.1g
of which saturated	4.8g
Sodium	373mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Cow's Milk

Eat
Within
4 Days