

Eat Within 2 Days

UCOOK

Spanish Chicken & Pineapple Wraps

with mayo & fresh chives

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	947kJ	4232kJ
Energy	226kcal	1012kcal
Protein	10.1g	45.2g
Carbs	17g	77g
of which sugars	4.4g	19.7g
Fibre	1.6g	7.3g
Fat	12.7g	56.7g
of which saturated	2.9g	12.8g
Sodium	389mg	1741mg

Allergens: Sulphites, Egg, Gluten, Wheat, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Chicken Mini Fillets
30ml	40ml	NOMU Spanish Rub
6	8	Wheat Flour Tortillas
150ml	200ml	Hellmann's Original Mayo
60g	80g	Green Leaves *rinse & roughly shred*
240g	320g	Pineapple Chunks *drain*
60g	80g	Piquanté Peppers *drain*
8g	10g	Fresh Chives *rinse & roughly slice*
30g	40g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (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, coat with the NOMU rub, and season. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the heat.

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 green leaves, the charred juicy chicken, pineapple, peppers, chives, and crispy onion bits. That's a wrap, Chef!

Chef's Tip Pineapple adds a juicy, tropical twist that makes chicken wraps extra delicious!