



# UCCOOK

## Mediterranean Wrap

with a creamy pesto, olives & artichokes

**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	893kj	3097kj
Energy	214kcal	741kcal
Protein	7g	24.3g
Carbs	20g	69g
of which sugars	1.7g	5.8g
Fibre	3.2g	11g
Fat	10.6g	36.9g
of which saturated	5.3g	18.2g
Sodium	418.1mg	1450.4mg

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

Eat Within 4 Days

**Ingredients & Prep Actions:**

<b>Serves 3</b>	<b>[Serves 4]</b>	
120ml	160ml	Creamy Pesto <i>(30ml [40ml] Pesto Princess Basil Pesto &amp; 90ml [120ml] Crème Fraîche)</i>
6	8	Wheat Flour Tortillas
60g	80g	Green Leaves <i>rinse</i>
180g	240g	Chickpeas <i>drain &amp; rinse</i>
60g	80g	Pitted Green Olives <i>drain</i>
90g	120g	Artichoke Quarters <i>drain &amp; roughly chop</i>
90g	120g	Grated Cheddar Cheese
150g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>

**From Your Kitchen**

Seasoning (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, for 15 seconds.
- 3. MEDITERRANEAN MEAL** Spread the tortillas with the creamy pesto. Top with the green leaves, the chickpeas, the olives, the artichokes, the cheese, and the cucumber. Season, fold up, and tuck in, Chef!

**Chef's Tip** Use a toasted sandwich maker to toast the filled tortillas if you have one.