



UCCOOK

Hawaiian Smoked Chicken Wrap

with pineapple & radish

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	810kJ	2353kJ
Energy	194kcal	562kcal
Protein	7.6g	22.2g
Carbs	17g	49g
of which sugars	6.3g	18.3g
Fibre	1.3g	3.8g
Fat	10.6g	30.9g
of which saturated	2.6g	7.7g
Sodium	617mg	1794mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Wholewheat Tortillas
375g	500g	Smoked Chicken Breasts
180g	240g	Tinned Pineapple Pieces <i>roughly chop</i>
150g	200g	Cucumber <i>rinse & slice into thin rounds</i>
30g	40g	Green Leaves <i>rinse & roughly shred</i>
125ml	160ml	Honey Mustard Dressing

From Your Kitchen

Seasoning (Salt & Pepper)
Water

1. **TASTY TORTILLA** Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.
2. **HEAVENLY HAWAIIAN WRAP** Roughly chop the smoked chicken breasts or shred using two forks. Fill the tortillas with the chicken, ½ the pineapple, ½ the cucumber, and ½ the green leaves. Drizzle over the honey mustard dressing. Wrap up and dig in, Chef! Serve any remaining fillings on the side.