



UCOOK

Smoked Turkey Wraps & Chipotle Mayo

with fresh coriander & cucumber

A tortilla is smeared with a chipotle mayo, then layered with refreshing cucumber, slices of turkey breast & sweet piquante peppers. There's 2 in your lunchbox today, so share with a colleague or enjoy double the deliciousness yourself, Chef!

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Megan Bure

Lunch

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Ingredients & Prep

40ml	Mayo
5g	Chipotle Chillies In Adobo <i>roughly chop</i>
2	Wheat Flour Tortillas
5g	Fresh Coriander <i>rinse</i>
50g	Cucumber <i>rinse & cut into rounds</i>
10g	Piquanté Peppers <i>drain</i>
1	Sliced Smoked Turkey Breast

From Your Kitchen

Water
Seasoning (salt & pepper)

- 1. SPICY MAYO** In a small bowl, combine the mayo with the chopped chipotles (to taste) - be careful, they are spicy! Season, and set aside.
- 2. WRAP UP LUNCH** Lay down the tortillas and smear with the chipotle mayo. Top with the chopped coriander, the cucumber rounds, the drained peppers, and the turkey slices. Fold up and get to munching!



Chef's Tip

Place the tortillas on a microwavable plate and sprinkle with droplets of water. Heat in the microwave for 30 seconds.

Nutritional Information

Per 100g

Energy	936kj
Energy	224kcal
Protein	7.3g
Carbs	24g
of which sugars	3.9g
Fibre	2.9g
Fat	11.1g
of which saturated	2.2g
Sodium	510.9mg

Allergens

Cow's Milk, Gluten, Wheat, Sulphites,
Soy

Eat
Within
4 Days