



U!COOK

Biltong & Cream Cheese Wraps

with Banhoek chilli oil

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	990kJ	2457kJ
Energy	237kcal	588kcal
Protein	16.1g	39.9g
Carbs	19g	47g
of which sugars	1.6g	4g
Fibre	2.4g	6g
Fat	10g	24.9g
of which saturated	5.1g	12.6g
Sodium	590mg	1464mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Wheat Flour Tortillas
40ml	80ml	Cream Cheese
50g	100g	Beef Biltong <i>roughly chop</i>
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into rounds</i>
1 unit	2 units	Banhoek Chilli Oil Sachet/s

From Your Kitchen

Water

Seasoning (salt & pepper)

1. HEAT IT UP Place the wrap/s on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.

2. WRAP IT UP Spread the cream cheese over the wrap/s, topped with the biltong, green leaves and cucumber. Finish it off with a drizzle of chilli oil and seasoning. Fold up the wrap and lunch is ready, Chef!