



# U & C COOK

## Veggie Cream Cheese Wraps

with Pesto Princess Sun-dried Tomato Pesto & cucumber

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	677kJ	2786kJ
Energy	162kcal	667kcal
Protein	5.4g	22.3g
Carbs	15g	61g
of which sugars	2.2g	9.2g
Fibre	2.5g	10.2g
Fat	8.2g	33.9g
of which saturated	4.2g	17.4g
Sodium	267mg	1097mg

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

**Spice Level:** NONE

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Wheat Flour Tortillas
150ml	200ml	Cream Cheese
45ml	60ml	Pesto Princess Sun-dried Tomato Pesto
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
2	2	Tomatoes <i>rinse &amp; slice into half-moons</i>
150g	200g	Cucumber <i>rinse &amp; slice into half-moons</i>
180g	240g	Chickpeas <i>drain &amp; rinse</i>
60g	80g	Danish-style Feta <i>drain</i>

## From Your Kitchen

Seasoning (salt & pepper)

Water

1. **WARM TORTILLA** Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.

2. **TASTY TOPPINGS** Smear the tortillas with the cream cheese. Dollop over the sun-dried tomato pesto. Top with the salad leaves, the tomato and cucumber, and the chickpeas. Season and crumble over the feta. Wrap up and tuck in, Chef!