



UCOOK

Chermoula Chicken Wrap

with fresh mint, chickpeas & smoked paprika

Perfectly toasted tortilla wraps are smeared with tangy sour cream and topped with salad leaves, bright tomato rounds, juicy slices of chicken breast, crispy & smoky chickpeas, and pickled cucumber & red onion. All of this delicious goodness is then drizzled with a chermoula sauce and sprinkled with fresh chopped mint before being wrapped up and devoured!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Quick & Easy

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

120g	Chickpeas <i>drained & rinsed</i>
5ml	Smoked Paprika
1	Red Onion
50g	Cucumber
1	Tomato
20g	Salad Leaves
4g	Fresh Mint
15ml	Lemon Juice
1	Free-range Chicken Breast
15ml	Pesto Princess Chermoula Paste
2	Wheat Flour Tortillas
40ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. PAPRIKA CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. In the final minute, add the paprika. Remove from the pan and season.

2. PREPARATION STATION Peel and finely slice $\frac{1}{4}$ of the onion. Cut the cucumber into half-moons. Cut the tomato into rounds. Rinse the salad leaves and the mint. Pick the mint and roughly shred the salad leaves.

3. IN A PICKLE In a bowl, combine the sliced onion, the cucumber half-moons, the lemon juice, 10ml of water, seasoning, and 5ml of sweetener. Set aside.

4. GOLDEN BUTTERY CHICKY Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. SECRET SAUCE In a small bowl, loosen the chermoula with water in 10ml increments until drizzling consistency.

6. TORTILLA TOASTY Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

7. STACK 'EM AND WRAP 'EM Smear the wraps with the sour cream. Top with the shredded leaves, the tomato rounds, the chicken slices, the crispy chickpeas, and the pickled veg. Drizzle over the loosened chermoula and sprinkle over the chopped mint. Wrap it up and enjoy, Chef!

Nutritional Information

Per 100g

Energy	560kJ
Energy	134kcal
Protein	8.6g
Carbs	14g
of which sugars	2.3g
Fibre	2.4g
Fat	4.3g
of which saturated	1.4g
Sodium	133mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within 3
Days