



UCOOK

Mediterranean Chicken Wraps

with crunchy basil slaw & creamy tzatziki dip

These Mediterranean chicken wraps will take your taste buds on a real getaway! Whole wheat tortillas slathered with a crisp tzatziki, filled with yogurt marinated chicken, a crunchy basil, feta and sundried tomato slaw and fresh dill. Talk about perfection!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Ella Nasser

 Easy Peasy

 Cavalli Estate | Filly

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Ingredients & Prep

40ml	NOMU Spanish Rub
250ml	Greek Yoghurt
600g	Free-range Chicken Mini Fillets
2	Red Onions <i>peeled & finely sliced</i>
200g	Cucumber <i>finely diced</i>
10g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
600g	Shredded Cabbage & Julienne Carrot
200g	Danish-style Feta <i>drained</i>
100g	Sun-dried Tomatoes <i>roughly chopped</i>
60ml	Pesto Princess Basil Pesto
8	Wheat Flour Tortillas

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. MARINATION STATION Place the Spanish rub and $\frac{1}{3}$ of the yoghurt in a bowl with a drizzle of oil and mix to combine. Add in the chicken mini fillets, toss to coat, and set aside to marinate.

2. ONION PERFECTION! Place a pan over a medium heat with a drizzle of oil. When hot, fry the sliced onion for 10-12 minutes until soft and caramelised, shifting occasionally. Remove from the pan on completion, cover, and set aside to keep warm.

3. DREAMY TZATZIKI & SLAW In a bowl combine the diced cucumber, $\frac{1}{2}$ the chopped dill, the remaining yoghurt and 20ml of olive oil. Mix to combine, season and set aside. In a separate bowl, toss the shredded cabbage, drained crumbled feta, sun-dried tomatoes and basil pesto together, season to taste and set aside.

4. YOU'RE ALMOST THERE... Place a nonstick pan over a medium heat with a drizzle of oil. When hot, fry the chicken mini fillets for 2-3 minutes per side until golden and cooked through. You may need to do this step in batches. Remove from the heat on completion and set aside to rest for a few minutes.

5. HEAT THOSE WRAPS! Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped. Remove from the pan on completion.

6. LET'S WRAP IT UP! Spread the tortilla with homemade tzatziki then fill with the mediteranean coleslaw, top with caramelised onions, chicken fillets and garnish with the remaining dill. Easy feasting!



Chef's Tip

Caramelised onions reach their full potential when sliced finely and cooked slowly. If you have the time, fry yours over a low heat for an extra 10-15 minutes.

Nutritional Information

Per 100g

Energy	572kJ
Energy	137Kcal
Protein	9g
Carbs	12g
of which sugars	3g
Fibre	1.7g
Fat	5.8g
of which saturated	2.3g
Sodium	304mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days