



UCOOK

Moroccan-style Chicken Wrap

with homemade babaganoush, chickpeas & mint

Make Marrakesh magic! These toasted coconut wraps are smeared with flavoursome DIY babaganoush, glorious fried mince, a tangy cucumber & green leaf salad, and sprinkles of crispy chickpeas. Sliced mint leaves top this wrap off with a beautifully fresh fragrance.


Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Megan Bure

♥ Health Nut

 Anthonij Rupert | L'Ormarins Brut Classique NV

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Ingredients & Prep

500g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
20ml	NOMU Moroccan Rub
120g	Chickpeas <i>drained & rinsed</i>
2	Garlic Cloves
300g	Free-range Chicken Mince
30ml	Tahini
40g	Salad Leaves <i>rinsed</i>
8g	Fresh Mint <i>rinsed, picked & finely sliced</i>
100g	Cucumber <i>cut into thin matchsticks</i>
20ml	Red Wine Vinegar
4	Coconut Wraps
2	Spring Onions <i>finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Sugar/Sweetener/Honey (optional)

1. ROAST IT Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray, coat in oil, ½ of the Moroccan rub and some seasoning. Roast in the hot oven for 30-35 minutes until softened, shifting halfway.

2. ROAST AGAIN! When the aubergine has 15 minutes remaining, place the drained chickpeas and the whole, unpeeled garlic cloves on another roasting tray. Coat in oil, some seasoning, and spread out in a single layer. Pop in the hot oven for the remaining roasting time until crispy and caramel in colour.

3. FRY IT Place a nonstick pan over a high heat with a drizzle of oil. When hot, add in the mince and the remaining rub and work quickly to break it up as it starts to cook. Allow to caramelise for 4-5 minutes until browned and cooked through, stirring occasionally. Season and cover to keep warm.

4. BABAGANOUSH In a blender, combine ½ of the roasted aubergine chunks, the roasted garlic cloves - skins discarded, and the tahini. Blend until smooth. Season and add a sweetener of choice (optional). Place the rinsed leaves into a salad bowl with ½ of the sliced mint, the cucumber sticks, and the red wine vinegar. Drizzle over some oil, season, and toss well to combine.

5. TOAST IT Place a clean, dry pan over a medium-high heat. When hot, dry toast the coconut wraps one at a time for about 30 seconds per side until warmed through. Remove from the pan on completion and stack on a plate as you go to keep warm.

6. WRAP IT UP Lay down the toasty wraps and smear a good helping of babaganoush over one side. Top with the fried mince, the dressed salad, the remaining aubergine and some crispy chickpeas. Finish off with a sprinkling of the remaining sliced mint and spring onion. Fold up and dig in Chef!

Nutritional Information

Per 100g

Energy	477kJ
Energy	114Kcal
Protein	6.7g
Carbs	12g
of which sugars	3.1g
Fibre	4.4g
Fat	4.1g
of which saturated	1.4g
Sodium	170mg

Allergens

Allium, Sesame, Sulphites

Cook
within 2
Days