



WCOOK

Biltong & Cream Cheese Wrap

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	951kJ	2361kJ
Energy	227kcal	565kcal
Protein	15.9g	39.5g
Carbs	17g	43g
of which sugars	1.6g	3.9g
Fibre	2.4g	5.2g
Fat	9.6g	23.8g
of which saturated	4.8g	12g
Sodium	588mg	1460mg

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

Spice Level: Mild

Eat Within 3 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	Salad 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, salad leaves and cucumber. Finish it off with a drizzle of chilli oil and seasoning. Fold up the wrap and lunch is ready, Chef!