



UCOOK

Sticky Charcoal Chicken Wrap

with sweet chilli sauce, kale & hummus

Sweet, succulent & sticky marinated chicken fillets are boosted with kale & hummus, and swaddled in a yummy charcoal wrap. Sided with beautifully roasted beetroot and scattered with pumpkin seeds - this one is a rainbow taste surprise!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Ella Nasser

 Carb Conscious

 Leopard's Leap | Sauvignon Blanc

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Ingredients & Prep

400g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
20ml	White Wine Vinegar
160g	Baby Tomatoes <i>cut into quarters</i>
40g	Radish <i>sliced into rounds</i>
80ml	Hummus
100g	Kale <i>rinsed & roughly shredded</i>
300g	Free-range Chicken Mini Fillet <i>pat dry</i>
30ml	Sweet Chilli Sauce
2	Charcoal Wraps
20g	Pumpkin Seeds
50g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. START WITH A BEET Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and crispy, shifting halfway.

2. IN A PICKLE? In a bowl, combine the vinegar, 10ml of your sweetener of choice, and 20ml of water. Add the quartered baby tomatoes and the radish rounds. Toss until fully coated and set aside to pickle. In a small bowl, loosen the hummus with water in 5ml increments until drizzling consistency.

3. MASSAGE TIME Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated in oil. Place a pan over medium heat. When hot, sauté the massaged kale for 2-3 minutes until wilted, shifting occasionally. Remove from the pan and return to the bowl. Cover to keep warm.

4. SIZZLING CHICKEN Return the pan to medium-high heat with a drizzle of oil. When hot, add the chicken mini fillets and fry for 2-3 minutes per side until golden and cooked through. In the final minute, baste with the sweet chilli sauce. Remove from the pan and set aside.

5. DON'T CHAR THE CHARCOAL WRAPS Return the pan, wiped down, to medium heat. Heat the charcoal wraps for 10-15 seconds per side until warmed through but still pliable. Drain the pickling liquid from the tomatoes & radish.

6. THAT'S A WRAP! Time to assemble! Lay down the toasted wrap. Top with the sautéed kale, the sweet chilli chicken, and the pickled tomato & radish. Drizzle over the loosened hummus and wrap up! Side with the roasted beetroot, sprinkle over the pumpkin seeds and crumble over the feta. Look at you go, Chef!



Chef's Tip

Don't overheat the wrap, otherwise it'll dry out and become too crispy to fold. To toast your seeds, place in a pan over medium heat for 3-5 minutes until they start to pop & turn brown.

Nutritional Information

Per 100g

Energy	375kj
Energy	90kcal
Protein	8.2g
Carbs	6g
of which sugars	1g
Fibre	2.6g
Fat	3.1g
of which saturated	1.3g
Sodium	170mg

Allergens

Dairy, Allium, Sesame, Sulphites, Sugar
Alcohol (Xylitol)

Cook
within 3
Days