



# UCCOOK

## Sriracha-mayo Chicken Wraps

with a slaw, avocado slices & toasted sesame seeds

You can look forward to a charred corn & sriracha-mayo slaw, which is stacked on toasted tortilla wraps. Then comes creamy avo followed by golden chicken tenders. Finished with a scattering of chopped spring onion and toasted sesame seeds.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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 Fan Faves

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 Strandveld | Skaamgesiggie MCC Brut Rosé

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## Ingredients & Prep

5ml	Mixed Sesame Seeds
50g	Corn
50ml	Sriracha Mayo <i>(40ml Kewpie Mayo &amp; 10ml Sriracha Sauce)</i>
100g	Cabbage <i>½ thinly sliced</i>
1	Spring Onion <i>trimmed &amp; finely sliced</i>
1	Avocado
1	Lemon <i>cut into wedges</i>
1	Free-range Chicken Breast
40ml	Spiced Flour <i>(35ml Cake Flour &amp; 5ml NOMU Oriental Rub)</i>
100ml	Panko Breadcrumbs
2	Wheat Flour Tortillas

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Paper Towel

**1. SESAME SEEDS** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to a high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. SRIRACHA SLAW** In a small bowl, slightly loosen the sriracha mayo with a splash of water. In a bowl, combine the sliced cabbage, the charred corn, ½ the sliced spring onion, ½ the toasted sesame seeds, ⅓ of the loosened sriracha mayo, and seasoning. Set aside.

**3. ZESTY AVO** Halve the avocado and set aside one of the halves for another meal. Remove the skin and thinly slice the avocado flesh. Squeeze over some lemon juice and season.

**4. CRUMBED CHICKEN** Slice the chicken breast into 4 pieces lengthways. Whisk 1 egg in a shallow dish with a splash of water. Prepare 2 more shallow dishes; one containing the spiced flour (lightly seasoned), and the other containing the breadcrumbs. Lightly coat the chicken pieces in the spiced flour, then the egg mixture, and, lastly, the crumb.

**5. CHICKEN TENDERS** Return the pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken pieces until golden, 2-3 minutes per side. Drain on paper towel and season.

**6. TOASTED TORTILLAS** Place a clean pan over a medium heat. When hot, dry toast the wraps until lightly crisped, 30-60 seconds per side.

**7. LOAD IT UP** Top each toasted wrap with the slaw, the seasoned avocado slices, and the chicken tenders. Drizzle over the remaining sriracha mayo. Sprinkle over the remaining sliced spring onion and sesame seeds. Serve with any remaining lemon wedges on the side. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	807kJ
Energy	193kcal
Protein	8.1g
Carbs	19g
of which sugars	2g
Fibre	3g
Fat	5.7g
of which saturated	1.2g
Sodium	188mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within 3  
Days