



UCCOOK

Spanish Chicken & Pineapple Salsa Wraps

with sweet chilli mayo

Perfectly toasted tortilla wraps are smeared with sweet chilli mayo and topped with salad leaves, juicy slices of chicken breast, and a deliciously zesty pineapple salsa. Perfect on a hot day and ready in no time!

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Simonsig | Gewürztraminer

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Ingredients & Prep

60g	Pineapple Pieces <i>drained & roughly diced</i>
1	Onion <i>¼ peeled & finely diced</i>
3g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
25g	Piquanté Peppers <i>drained & roughly chopped</i>
10ml	Lime Juice
1	Free-range Chicken Breast
10ml	NOMU Spanish Rub
2	Wheat Flour Tortillas
50ml	Sweet Chilli Mayo
20g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. ZESTY SALSA To a bowl, add the diced pineapple, the diced onion (to taste), the chopped coriander, the diced peppers, and the lime juice to (taste). Toss to combine, season, and set aside in the fridge.

2. FRY THE CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into 1cm strips. Coat with the NOMU rub and seasoning. When hot, fry the chicken until cooked through and lightly charred, 1-2 minutes per side. Remove from the pan.

3. TOAST TORTILLAS Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

4. WRAP IT UP Smear the wraps with ½ the mayo, top with the shredded salad leaves, the charred juicy chicken, the salsa, and dollops of the remaining mayo. That's a wrap, Chef!

Nutritional Information

Per 100g

Energy	733kJ
Energy	175kcal
Protein	8.8g
Carbs	15g
of which sugars	4.8g
Fibre	1.3g
Fat	8.7g
of which saturated	1.8g
Sodium	330mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days