



UCOOK

Sticky Chicken Wraps

with Sriracha-honey glaze, kale & hummus

Sriracha and honey – a love story written in the stars and a dazzling marinade for succulent chicken mini fillets. Enveloped in gluten-free charcoal wraps with feta, kale, and hummus. Heavenly!

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Ella Nasser

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

150g	Free-range Chicken Mini Fillets
15ml	Sweet Sriracha <i>(7,5ml Honey & 7,5ml Sriracha)</i>
40ml	Hummus
10ml	White Wine Vinegar
1	Tomato <i>1/2 roughly diced</i>
20g	Radish <i>thinly sliced into rounds</i>
50g	Kale <i>rinsed & shredded</i>
2	Gluten-free Charcoal Wraps
25g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. MARINATION & SRIRACHA Place the chicken mini fillets in a bowl with the sweet Sriracha, a drizzle of oil, and some seasoning. Toss until fully coated. Set aside to marinate for at least 10 minutes. Loosen the hummus with water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

2. IN A PICKLE In a bowl, combine the white wine vinegar with 5ml of a sweetener of choice. Mix until the sweetener is fully dissolved. Add the quartered tomatoes and the radish rounds. Toss until fully coated and set aside to pickle.

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

4. SIZZLING CHICKEN & CHARCOAL WRAPS Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the marinated chicken mini fillets for 2-3 minutes per side until golden and cooked through. Wipe down the pan and return it to a medium heat. Heat the charcoal wraps for 10-15 seconds per side until warmed through but still pliable. Be careful not to overheat them, otherwise they dry out and become too crispy to fold.

5. THAT'S A WRAP Time to assemble the scrumptious wraps! Place the kale in the centre and top with the Sriracha-glazed chicken. Scatter over the tomatoes and radish, crumble over the feta, and generously drizzle with the hummus. Look at you go, Chef!



Chef's Tip

Fry the chicken mini fillets in batches if necessary to avoid overcrowding the pan, or you could end up with boiled chicken, instead of nice and golden chicken!

Nutritional Information

Per 100g

Energy	446kJ
Energy	107Kcal
Protein	10g
Carbs	8g
of which sugars	3.8g
Fibre	2.2g
Fat	3.8g
of which saturated	1.7g
Sodium	188mg

Allergens

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

Cook
within 3
Days