



UCOOK

Charcoal Chicken Wraps

with carrot matchsticks & sun-dried tomato yoghurt

Create some drama at the dinner table, Chef, when you reveal these dramatic-looking black charcoal wraps. Wrapped around zesty pickled carrots, a sun dried tomato-infused yoghurt, NOMU Cajun Rub-spiced chicken strips & fresh greens.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

Fan Faves

Deetlefs Wine Estate | Deetlefs Stonecross
Chardonnay

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Ingredients & Prep

360g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
45ml	Lemon Juice
45g	Sun-dried Tomatoes <i>drain & finely chop</i>
125ml	Greek Yoghurt
3	Free-range Chicken Breasts
22,5ml	NOMU Cajun Rub
6	Gluten-free Charcoal Wraps
60g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. CARROTS & SOME PREP In a bowl, combine the carrot matchsticks, the lemon juice, and seasoning. In another small bowl, combine the chopped sun-dried tomatoes and the yoghurt.

2. 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 in oil, the NOMU rub, and season. When hot, fry the chicken until slightly charred and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan.

3. WRAPS Return the pan, wiped down, to medium-high heat. When hot, toast each wrap until warmed through, 30-60 seconds per side.

4. TIME TO DINE Layer the shredded greens, the pickled carrots, the cooked chicken, and the sun-dried tomato yoghurt on the half side of each wrap. Roll it up, and enjoy. Dig in, Chef!

Nutritional Information

Per 100g

Energy	500kj
Energy	119kcal
Protein	10.4g
Carbs	14g
of which sugars	3.7g
Fibre	4.2g
Fat	2.7g
of which saturated	1.5g
Sodium	225mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days