

UCCOOK

Tuna, Caper & Dill Wrap

with green leaves & cucumber

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	777kJ	3070kJ
Energy	186kcal	734kcal
Protein	7.7g	30.6g
Carbs	14g	57g
of which sugars	2.3g	9.1g
Fibre	2.4g	6.4g
Fat	10.2g	40.4g
of which saturated	1.8g	7.1g
Sodium	437.4mg	1727.7mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Tree Nuts

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>
30g	40g	Capers <i>drain & roughly chop</i>
180ml	240ml	Pesto Mayo <i>(30ml [40ml] Pesto Princess Basil Pesto & 150ml [200ml] Mayo)</i>
3 units	4 units	Tinned Tuna Chunks <i>drain</i>
6	8	Wheat Flour Tortillas
30g	40g	Green Leaves <i>rinse</i>
300g	400g	Cucumber <i>rinse & cut into thin rounds</i>
60ml	80ml	Crispy Onion Salad Sprinkle <i>(45ml [60ml] Crispy Onion Bits & 15ml [20ml] Old Stone Mill Salad Sprinkle Spice)</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **TASTY TUNA** In a bowl, add ½ the dill, the capers and the pesto mayo. Mix in the tuna and season.

2. **TUNA TORTILLAS** Fill the tortillas with the pesto tuna mix. Top with the salad leaves, the cucumber, and the salad sprinkle. Close up the tortillas and enjoy!

Chef's Tip Toast the loaded tortillas in the sandwich maker if you feel like a crunchy wrap!