Eat Within 4 Days

COOK

Smoked Turkey Wraps & Chipotle Mayo

with fresh parsley & cucumber

Hands-on Time: 5 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	911kJ	2168kJ
Energy	218kcal	519kcal
Protein	7.3g	17.3g
Carbs	21g	51g
of which sugars	4.1g	9.8g
Fibre	1.4g	4.4g
Fat	11.5g	27.4g
of which saturated	2g	4.8g
Sodium	496mg	1181mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40ml	80ml	Mayo
5g	10g	Chipotle Chillies In Adobo *roughly chop*
2	4	Wheat Flour Tortillas
3g	5g	Fresh Parsley *rinse & roughly chop*
50g	100g	Cucumber *rinse & cut into rounds*
10g	20g	Piquanté Peppers *drain*
1 pack	2 packs	Sliced Smoked Turkey

From Your Kitchen

Seasoning (salt & pepper)
Water

1. SPICY MAYO In a small bowl, combine the mayo with the chipotles (to taste) - be careful, they are spicy! Season, and set aside.

2. WRAP UP LUNCH Lay down the tortillas and smear with the chipotle mayo. Top with the parsley, the cucumber, the piquanté peppers, and the turkey. Fold up and get to munching!

Chef's Tip Place the tortillas on a microwavable plate and sprinkle with droplets of water. Heat in the microwave for 30 seconds.