



QCOOK

Hawaiian Smoked Chicken Wrap

with pineapple & cucumber

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	721kJ	2382kJ
Energy	172kcal	569kcal
Protein	6.8g	22.5g
Carbs	15g	50g
of which sugars	5.7g	18.8g
Fibre	1.2g	4g
Fat	9.4g	31g
of which saturated	2.3g	7.7g
Sodium	543mg	1796mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [\[Serves 4\]](#)

3	4	Wholewheat Tortillas
375g	500g	Smoked Chicken Breasts
180g	240g	Tinned Pineapple Pieces <i>roughly chop</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
30g	40g	Green Leaves <i>rinse & roughly shred</i>
125ml	160ml	Honey Mustard Dressing

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. TASTY TORTILLA Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.

2. HEAVENLY HAWAIIAN WRAP Roughly chop the smoked chicken breasts or shred using two forks. Fill the tortillas with the chicken, $\frac{1}{2}$ the pineapple, $\frac{1}{2}$ the cucumber, and $\frac{1}{2}$ the green leaves. Drizzle over the honey mustard dressing. Wrap up and dig in, Chef! Serve any remaining fillings on the side.