



UCCOOK

Bacon Ranch Wrap

with avo & crispy onion bits

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	904kJ	7317kJ
Energy	216kcal	1751kcal
Protein	8.7g	70.5g
Carbs	11g	88g
of which sugars	1.4g	11.2g
Fibre	2.8g	22.4g
Fat	15.7g	126.9g
of which saturated	5.2g	42.2g
Sodium	460mg	3727mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
15ml	20ml	NOMU One For All Rub
300ml	400ml	Ranch Dressing <i>(180ml [240ml] yoghurt, 105ml [140ml] Buttermilk & 15ml [20ml] Mustard)</i>
450g	600g	Diced Pork Bacon
6	8	Wheat Flour Tortillas
60g	80g	Green Leaves <i>rinse & roughly shred</i>
2	2	Tomatoes <i>rinse & slice 1½ [2] into rounds</i>
2	2	Avocados <i>cut in half & thinly slice 1½ [2]</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
90g	120g	Danish-style Feta <i>drain</i>
15g	20g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)
Sugar/Sweetener/Honey

1. READY THE RANCH In a bowl, combine the NOMU rub, the ranch dressing, a sweetener (to taste), and seasoning. Set aside.

2. CRISPY BACON Place a pan over medium-high heat. When hot, add the bacon and fry until browned and crispy, 3-4 minutes (shifting occasionally). Drain on paper towel and set aside. Wipe the pan clean (or use a new pan) and return it to medium heat. Toast each tortilla until warmed through, 30-60 seconds per side.

3. WRAP IT UP! Lay down the tortillas and top with the green leaves, the tomato and the crispy bacon. Lay over the avo and cucumber. Generously drizzle over the ranch dressing and crumble over the feta. Finish off with the crispy onions. Fold it up and enjoy, Chef!