



UCOOK

Moroccan Chicken Wrap

with crispy kale & red pepper hummus

This delicious recipe combines flavours of creamy red pepper hummus spread on a toasted tortilla wrap, then layered with crispy kale, Moroccan-spiced chicken, earthy beetroot, and crumbly salty feta. Time to bust out the pots and pans, Chef!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Kate Gomba

 Quick & Easy

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

600g	Beetroot Chunks <i>cut into bite-sized pieces</i>
200g	Kale
320g	Baby Tomatoes
80g	Radish
100g	Danish-style Feta
4	Free-range Chicken Breasts
60ml	NOMU Moroccan Rub
8	Wheat Flour Tortillas
200ml	Red Pepper Hummus
40g	Pumpkin Seeds

From Your Kitchen

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

1. CAN'T BEET THIS DISH Preheat the oven to 220°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. TIME FOR SOME PREP Rinse the kale, the baby tomatoes, and the radish. Halve the baby tomatoes and thinly slice the radish into rounds. Shred the kale and drain the feta. In a bowl, combine the halved baby tomatoes, the radish rounds, a drizzle of olive oil, and seasoning.

3. ALL HAIL THE KALE Place the shredded kale on a separate roasting tray. Massage the kale with a small drizzle of oil and seasoning until softened and coated. Set aside.

4. READY THE ROAST When the roast has 5-8 minutes remaining, pop the tray of massaged kale in the hot oven and roast for the remaining time.

5. BUTTER-BASTED & BROWNED CHICKEN Pat the chicken dry with paper towel and cut into 1cm strips. Coat in the NOMU rub and seasoning. Place a pan over a medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the chicken strips until browned and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan and set aside.

6. TORTI-LLY TASTY Return the pan, wiped down, to a medium heat. When hot, toast the tortillas until warmed through, 30-60 seconds per side.

7. IT'S A WRAP! Lay down the toasted wrap. Smear with the hummus. Top with the crispy kale, the spiced chicken, the roasted beetroot, and the tomato & radish. Crumble over the drained feta and sprinkle over the pumpkin seeds. Wrap up and enjoy, Chef!

Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until crispy, 25-30 minutes. If you want to toast the pumpkin seeds, place them in a pan and toast until golden brown, 3-4 minutes.

Nutritional Information

Per 100g

Energy	522kJ
Energy	125kcal
Protein	8.9g
Carbs	12g
of which sugars	1.6g
Fibre	2.3g
Fat	4.1g
of which saturated	1.6g
Sodium	334mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 3
Days