



UCCOOK

Bacon Ranch Wrap

with avocado & crispy onion bits

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Morgan Otten

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

Nutritional Info

	Per 100g	Per Portion
Energy	776kJ	5815kJ
Energy	186kcal	1391kcal
Protein	6.8g	50.9g
Carbs	12g	88g
of which sugars	1.5g	10.9g
Fibre	3g	22.4g
Fat	12.7g	95.3g
of which saturated	4.2g	31.8g
Sodium	362mg	2713mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	NOMU One For All Rub
100ml	200ml	Ranch Dressing <i>(60ml [120ml] Yoghurt, 35ml [70ml] Buttermilk & 5ml [10ml] Mustard)</i>
4 units	8 units	Streaky Pork Bacon
2	4	Wheat Flour Tortillas
20g	40g	Green Leaves <i>rinse & roughly shred</i>
1	1	Tomato <i>rinse & slice ½ [1] into rounds</i>
1	2	Avocado/s <i>cut in half & thinly slice 1 [2]</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
40g	80g	Danish-style Feta <i>drain</i>
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

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 strips and fry until browned and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel. 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!