



# uCOOK

## Pastrami Wrap & Chipotle Mayo

with gherkins & Danish-style feta

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Kate Gomba

### Nutritional Info

	Per 100g	Per Portion
Energy	794kJ	1755kJ
Energy	190kcal	420kcal
Protein	9.1g	20.1g
Carbs	15g	33g
of which sugars	1.6g	3.4g
Fibre	1.4g	3.2g
Fat	10.4g	23g
of which saturated	3.6g	8g
Sodium	654mg	1446mg

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

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

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

3	4	Wheat Flour Tortillas
90ml	120ml	Hellmann's Tangy Mayonnaise
30g	40g	Chipotle Chillies In Adobo <i>roughly chop</i>
120g	160g	Green Leaves <i>rinse</i>
3 packs	4 packs	Sliced Beef Pastrami
60g	80g	Gherkins <i>drain &amp; roughly slice</i>
60g	80g	Danish-style Feta <i>drain</i>

## From Your Kitchen

Seasoning (salt & pepper)

Water

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

2. **IT'S TIME TO EAT** Combine the mayo with the chipotle (to taste). Spread one half of the tortillas with chipotle mayo, top with the green leaves, the beef pastrami, the gherkins, and crumble over the feta. Wrap it up and enjoy!