



UCOOK

Veggie Cream Cheese Wraps

with Pesto Princess Sun-dried Tomato Pesto & cucumber

A freshly made, veggie tortilla wrap is the perfect meal if you want something satisfying but light. Unlike a heavy lunch that makes you want to nap at your office desk, you will be energized by the creamy cream cheese, greens, tangy tomato, nutty chickpeas & sun-dried tomato pesto.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 2 People

Chef: Samantha du Toit

Lunch

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Ingredients & Prep

4	Wheat Flour Tortillas
100ml	Cream Cheese
30ml	Pesto Princess Sun-dried Tomato Pesto
40g	Salad Leaves <i>rinse & roughly shred</i>
1	Tomato <i>rinse & slice into half-moons</i>
100g	Cucumber <i>rinse & cut into half-moons</i>
120g	Chickpeas <i>drain & rinse</i>
40g	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, 15 seconds.

2. TASTY TOPPINGS Smear the tortillas with the cream cheese. Dollop over the sun-dried tomato pesto. Top with the salad leaves, the tomato and cucumber, and the chickpeas. Season and crumble over the feta. Wrap up and tuck in, Chef!

Nutritional Information

Per 100g

Energy	677kJ
Energy	162kcal
Protein	5.4g
Carbs	15g
of which sugars	2.2g
Fibre	2.5g
Fat	8.2g
of which saturated	4.2g
Sodium	267mg

Allergens

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

Eat
Within
3 Days