



# UCOOK

## Smoked Turkey Wraps & Chipotle Mayo

with fresh coriander & cucumber

A tortilla is smeared with a chipotle mayo, then layered with refreshing cucumber, slices of turkey breast & sweet piquante peppers. There's 2 in your lunchbox today, so share with a colleague or enjoy double the deliciousness yourself, Chef!

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**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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Lunch

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## Ingredients & Prep

80ml	Mayo
4	Wheat Flour Tortillas
10g	Chipotle Chillies In Adobo <i>roughly chop</i>
10g	Fresh Coriander <i>rinse</i>
100g	Cucumber <i>rinse &amp; cut into rounds</i>
20g	Piquanté Peppers <i>drain</i>
2	Sliced Smoked Turkey Breasts

## From Your Kitchen

Water  
Seasoning (salt & pepper)

- 1. SPICY MAYO** In a small bowl, combine the mayo with the chopped chipotles (to taste) - be careful, they are spicy! Season, and set aside.
- 2. WRAP UP LUNCH** Lay down the tortillas and smear with the chipotle mayo. Top with the chopped coriander, the cucumber rounds, the drained peppers, and the turkey slices. Fold up and get to munching!



## Chef's Tip

Place the tortillas on a microwavable plate and sprinkle with droplets of water. Heat in the microwave for 30 seconds.

## Nutritional Information

Per 100g

Energy	936kj
Energy	224kcal
Protein	7.3g
Carbs	24g
of which sugars	3.9g
Fibre	2.9g
Fat	11.1g
of which saturated	2.2g
Sodium	510.9mg

## Allergens

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

Eat  
Within  
4 Days