



# WCOOK

## Red Pepper Pesto Turkey Hummus Wrap

with Everything Bagel Spice

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Olivia Johnstone

### Nutritional Info

	Per 100g	Per Portion
Energy	817kJ	1760kJ
Energy	195kcal	421kcal
Protein	7.5g	16.1g
Carbs	14g	31g
of which sugars	4g	8g
Fibre	2.4g	6.1g
Fat	10.4g	22.4g
of which saturated	1.6g	3.4g
Sodium	639mg	1638mg

**Allergens:** Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts, Soy

**Spice Level:** None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Wheat Flour Tortillas
150ml	200ml	Creamy Pesto <i>(90ml [120ml] Mayo &amp; 60ml [80ml] Pesto Princess Red Pepper Pesto)</i>
30g		Baby Spinach and Rocket <i>rinse</i>
150g	200g	Cucumber <i>rinse &amp; cut into thin rounds</i>
3 packs	4 packs	Smoked Sliced Turkey
15ml	20ml	Old Stone Mill Everything Bagel Spice Blend

From Your Kitchen

Seasoning (salt & pepper)  
Water

1. **TOAST THE TORTILLA** Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.
2. **TASTE THE TORTILLA** Smear each tortilla with the creamy pesto, and top with the green leaves, the cucumber, and the turkey. Sprinkle over the bagel spice. Roll up and enjoy.