



U & C COOK

Veggie Cream Cheese Wraps

with Pesto Princess Sun-dried Tomato Pesto & cucumber

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 677kJ | 2786kJ |
| Energy | 162kcal | 667kcal |
| Protein | 5.4g | 22.3g |
| Carbs | 15g | 61g |
| of which sugars | 2.2g | 9.2g |
| Fibre | 2.5g | 10.2g |
| Fat | 8.2g | 33.9g |
| of which saturated | 4.2g | 17.4g |
| Sodium | 267mg | 1097mg |

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

Spice Level: NONE

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 2 | 4 | Wheat Flour Tortillas |
| 50ml | 100ml | Cream Cheese |
| 15ml | 30ml | Pesto Princess Sun-dried Tomato Pesto |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 1 | 1 | Tomato <i>rinse & slice into half-moons</i> |
| 50g | 100g | Cucumber <i>rinse & slice into half-moons</i> |
| 60g | 120g | Chickpeas <i>drain & rinse</i> |
| 20g | 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!