



# UCOOK

## Mediterranean Chicken Wraps

with crunchy basil slaw & creamy tzatziki dip

These Mediterranean chicken wraps will take your taste buds on a real getaway! Whole wheat tortillas slathered with a crisp tzatziki, filled with yogurt marinated chicken, a crunchy basil, feta and sundried tomato slaw and fresh dill. Talk about perfection!

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**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Easy Peasy

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 Cavalli Estate | Filly

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## Ingredients & Prep

10ml	NOMU Spanish Rub
65ml	Greek Yoghurt
150g	Free-range Chicken Mini Fillets
1	Red Onion <i>peeled &amp; finely sliced</i>
50g	Cucumber <i>finely diced</i>
3g	Fresh Dill <i>rinsed, picked &amp; roughly chopped</i>
150g	Shredded Cabbage & Julienne Carrot
50g	Danish-style Feta <i>drained</i>
25g	Sun-dried Tomatoes <i>roughly chopped</i>
15ml	Pesto Princess Basil Pesto
2	Wheat Flour Tortillas

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. MARINATION STATION** Place the Spanish rub and  $\frac{1}{3}$  of the yoghurt in a bowl with a drizzle of oil and mix to combine. Add in the chicken mini fillets, toss to coat, and set aside to marinate.

**2. ONION PERFECTION!** Place a pan over a medium heat with a drizzle of oil. When hot, fry the sliced onion for 8-9 minutes until soft and caramelised, shifting occasionally. Remove from the pan on completion, cover, and set aside to keep warm.

**3. DREAMY TZATZIKI & SLAW** In a bowl combine the diced cucumber,  $\frac{1}{2}$  the chopped dill, the remaining yoghurt and 5ml of olive oil. Mix to combine, season and set aside. In a separate bowl, toss the shredded cabbage, drained crumbled feta, sun-dried tomatoes and basil pesto together, season to taste and set aside.

**4. YOU'RE ALMOST THERE...** Place a nonstick pan over a medium heat with a drizzle of oil. When hot, fry the chicken mini fillets for 2-3 minutes per side until golden and cooked through. Remove from the heat on completion and set aside to rest for a few minutes.

**5. HEAT THOSE WRAPS!** Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped. Remove from the pan on completion.

**6. LET'S WRAP IT UP!** Spread the tortilla with homemade tzatziki then fill with the mediteranean coleslaw, top with caramelised onions, chicken fillets and garnish with the remaining dill. Easy feasting!



## Chef's Tip

Caramelised onions reach their full potential when sliced finely and cooked slowly. If you have the time, fry yours over a low heat for an extra 10-15 minutes.

## Nutritional Information

Per 100g

Energy	572kj
Energy	137Kcal
Protein	9g
Carbs	12g
of which sugars	3g
Fibre	1.7g
Fat	5.8g
of which saturated	2.3g
Sodium	304mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 3  
Days