



UCOOK

Bacon Ranch Wrap

with bell pepper & crispy onion bits

Crispy bacon pieces are combined with fresh green leaves, tomato rounds, and cucumber half-moons, all topped with sliced bell pepper, crumbled feta, and crispy onion bits. The finishing touch is a drizzle of ranch dressing! Warm up the tortillas, assemble your ingredients, and wrap your taste buds around this scrumptious and easy meal, Chef!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Morgan Otten

 Quick & Easy

 Domaine Des Dieux | Chardonnay 2019

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Ingredients & Prep

60g	Green Leaves
2	Tomatoes
300g	Cucumber
2	Bell Peppers
90g	Danish-style Feta
15ml	NOMU One For All Rub
262,5ml	Ranch Dressing <i>(180ml Low Fat Plain Yoghurt, 75ml Buttermilk & 7,5ml Wholegrain Mustard)</i>
18 strips	Streaky Pork Bacon
6	Wheat Flour Tortillas
30ml	Crispy Onion Bits

From Your Kitchen

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

1. PREP STEP Rinse and finely shred the green leaves. Rinse and slice 1½ of the tomatoes into thin rounds. Rinse and cut the cucumber into thin half-moons. Rinse, deseed, and cut 1½ of the bell peppers into strips. Drain and crumble the feta.

2. READY THE RANCH In a bowl, combine the NOMU rub, the ranch dressing, and seasoning. Set aside.

3. CRISPY BACON Place a pan over medium-high heat. When hot, fry the bacon slices until browned and crispy, 1-2 minutes per side. Drain on paper towel and chop into bite-sized pieces.

4. CHARRED PEPPER Return that pan to medium-high heat with a drizzle of oil. When hot, fry the pepper slices until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

5. TORTILLA TOASTY Return the pan, wiped down, to medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

6. WRAP IT UP! Lay down the tortillas. Top with the shredded leaves, the tomato rounds, the cucumber half-moons, the bell pepper strips, and the crispy bacon pieces. Generously drizzle over the ranch dressing. Scatter over the crumbled feta and the crispy onions. Fold up and enjoy, Chef!

Nutritional Information

Per 100g

Energy	541kJ
Energy	129kcal
Protein	5.3g
Carbs	12g
of which sugars	2.3g
Fibre	1.5g
Fat	6.8g
of which saturated	2.8g
Sodium	326mg

Allergens

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

Cook
within 2
Days