



UCCOOK

Chorizo & Butternut Wrap

with crème fraîche & sun-dried tomato

Make your dinner fun with this bright pink beetroot wrap holding inside it an ensemble of delicious ingredients! It is loaded with butternut, chorizo, crunchy green leaves, sun-dried tomato, creamy feta and zingy crème fraîche!

Hands-on Time: 10 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Leopard's Leap | Merlot

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
25ml	Crème Fraîche
1	Lemon <i>½ zested & cut into wedges</i>
50g	Sliced Chorizo
1	Beetroot Wrap
20g	Green Leaves <i>rinsed & roughly shredded</i>
20g	Sun-dried Tomatoes <i>drained & roughly sliced</i>
20g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. GOLDEN BUTTERNUT Preheat the oven to 200°C. Spread out the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. ZINGY CRÈME FRAÎCHE In a bowl, combine the crème fraîche, a pinch of lemon zest, a squeeze of lemon juice (to taste), and seasoning. Add water in 5ml increments until a spreadable consistency.

3. CHORIZO TIME When the butternut has 6-8 minutes remaining, remove the tray from the oven. Add the sliced chorizo to the tray, return to the oven, and roast for the remaining time.

4. PRETTY PINK WRAPS Place a pan over a medium-high heat. When hot, dry toast the beetroot wrap for about 30 seconds per side until warmed through. Remove from the pan on completion.

5. THAT'S A WRAP! Lay down the warm wrap. Spread over the loosened crème fraîche. Top with the shredded green leaves, the roasted butternut & chorizo, and the sliced sun-dried tomato. Crumble over the drained feta and wrap it up. Make a side salad with any remaining fillings, and serve a lemon wedge on the side. Well done, Chef!

Nutritional Information

Per 100g

Energy	603kJ
Energy	144kcal
Protein	6g
Carbs	13g
of which sugars	3.4g
Fibre	3.2g
Fat	7.2g
of which saturated	3.7g
Sodium	7mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within
4 Days