



# 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<br><i>rinse &amp; roughly shred</i>     |
| 1        | 1          | Tomato<br><i>rinse &amp; slice into half-moons</i>   |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; slice into half-moons</i> |
| 60g      | 120g       | Chickpeas<br><i>drain &amp; rinse</i>                |
| 20g      | 40g        | Danish-style Feta<br><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!