



WCOOK

Biltong & Cream Cheese Wrap

with Banhoek chilli oil

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	951kJ	2361kJ
Energy	227kcal	565kcal
Protein	15.9g	39.5g
Carbs	17g	43g
of which sugars	1.6g	3.9g
Fibre	2.4g	5.2g
Fat	9.6g	23.8g
of which saturated	4.8g	12g
Sodium	588mg	1460mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Wheat Flour Tortillas
125ml	160ml	Cream Cheese
150g	200g	Beef Biltong <i>roughly chop</i>
60g	80g	Salad Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & cut into rounds</i>
3 units	4 units	Banhoek Chilli Oil Sachet

From Your Kitchen

Water
Seasoning (salt & pepper)

1. HEAT IT UP Place the wraps on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.

2. WRAP IT UP Spread the cream cheese over the wraps, topped with the biltong, salad leaves and cucumber. Finish it off with a drizzle of chilli oil and seasoning. Fold up the wrap and lunch is ready, Chef!