



UCOOK

Sticky Chipotle Beef Wrap

with cheddar cheese & a spicy honey dressing

This Mexi-inspired wrap is stuffed with spicy BBQ beef mince and topped with melted cheddar & mozzarella cheese. Zingy crunchy lime slaw, fresh tomato and spring onion salsa, and heat from drizzles of this chipotle That Mayo dressing make this absolutely mouthwatering!


Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Niel Joubert | Reserve Shiraz

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Ingredients & Prep

100g	Cabbage <i>thinly sliced</i>
120g	Carrot <i>½ grated</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
15ml	Lime Juice
1	Plum Tomato <i>rinsed & diced</i>
1	Spring Onion <i>finely sliced</i>
10g	Chipotle in Adobo <i>finely chopped</i>
45ml	That Mayo (Original)
5ml	Honey
150g	Free-range Beef Mince
30ml	Carb Smart BBQ Sauce
50g	Grated Mozzarella & Cheddar Cheese Mix
2	Whole Wheat Tortillas

From Your Kitchen

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

1. SALSA & SLAW Place the sliced cabbage, grated carrot, the shredded lettuce, the lime juice (to taste) and some seasoning in a bowl. Toss to combine. In a separate bowl, combine the diced tomatoes, the sliced spring onion, a drizzle of oil, and some seasoning.

2. DRESSING Combine ½ of the chopped chipotles, the mayo and the honey. Add water in 5ml increments until drizzling consistency.

3. CHEESY MINCE Place a pan over a high heat with a drizzle of oil. When hot, add in the mince and work quickly to break it up as it starts to cook. Allow it to caramelise for 4-5 minutes until browned, stirring occasionally. Add the remaining chopped chipotles (to taste) and the BBQ sauce and simmer for a further 1-2 minutes until the mince is cooked through and sticky. Season to taste. Just before serving, mix the grated cheese through the sticky mince until slightly melted.

4. FINISHING TOUCHES 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.

5. PLATE Pile up the limey lettuce slaw mix into the toasted tortilla wraps and top with the cheesy BBQ beef mince and tomato & spring onion salsa. Drizzle over the chipotle honey dressing. Fold it all up and tuck in!

Nutritional Information

Per 100g

Energy	856kJ
Energy	205Kcal
Protein	8.3g
Carbs	16g
of which sugars	3.5g
Fibre	1.6g
Fat	11g
of which saturated	4.4g
Sodium	270mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Sugar Alcohol (Xylitol)

Cook
within 3
Days