



QCOOK

Hawaiian Smoked Chicken Wrap

with pineapple & cucumber

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	721kj	2382kj
Energy	172kcal	569kcal
Protein	6.8g	22.5g
Carbs	15g	50g
of which sugars	5.7g	18.8g
Fibre	1.2g	4g
Fat	9.4g	31g
of which saturated	2.3g	7.7g
Sodium	543mg	1796mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Wholewheat Tortilla/s
125g	250g	Smoked Chicken Breast/s
60g	120g	Tinned Pineapple Pieces <i>roughly chop</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
10g	20g	Green Leaves <i>rinse & roughly shred</i>
40ml	80ml	Honey Mustard Dressing

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. TASTY TORTILLA Place the tortilla/s on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.

2. HEAVENLY HAWAIIAN WRAP Roughly chop the smoked chicken breast/s or shred using two forks. Fill the tortilla/s with the chicken, ½ the pineapple, ½ the cucumber, and ½ the green leaves. Drizzle over the honey mustard dressing. Wrap up and dig in, Chef! Serve any remaining fillings on the side.