UCOOK

Pineapple & Smoked Chicken Wrap

with mayo & spring onion

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	1030kJ	4472kJ
Energy	246kcal	1069kcal
Protein	6.4g	27.9g
Carbs	19g	84g
of which sugars	4.6g	20g
Fibre	1.7g	7.4g
Fat	15.9g	68.9g
of which saturated	3.9g	17g
Sodium	614mg	2634mg

Allergens: Egg, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Smoked Chicken Breasts *slice*
30ml	40ml	NOMU Spanish Rub
6	8	Wheat Flour Tortillas
150ml	200ml	Hellmann's Original Mayo
60g	80g	Green Leaves *rinse & roughly shred*
180g	240g	Tinned Pineapple Pieces *drain*
60g	80g	Gherkins *drain & roughly slice*
60g	80g	Piquanté Peppers *drain*
2	2	Spring Onions *rinse, trim & roughly slice*
15g	20g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. GOLDEN SPANISH CHICKEN Place a pan over medium heat with a drizzle of oil and coat the chicken with the NOMU rub. When hot, fry the chicken until warmed through, 1-2 minutes per side. Remove from the pan.

2. TOASTED TORTILLAS Place the tortillas on a plate and heat up in the microwave, 30-60 seconds. Alternatively, place a clean pan over medium heat. When hot, toast the tortillas until heated through, 30-60 seconds per side.

3. LET'S WRAP THINGS UP Smear the wraps with the mayo, top with the salad leaves, the charred juicy chicken, the pineapple pieces, the gherkins, the peppers, the spring onion, and the crispy onion bits. That's a wrap, Chef!