



UCOOK

Chicken Caesar Wrap

with avocado & croutons

Can't decide between a salad and a wrap for dinner? Then let's make both! All your favourite ingredients from a caesar salad - golden fillets of chicken, crunchy croutons, creamy avo, & cheese - are coated in a caesar dressing, then wrapped up in toasted tortillas. Because why not, Chef?

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 2 People

Chef: Samantha du Toit

Quick & Easy

Muratie Wine Estate | Muratie Melck's-
Sauvignon Blanc 2023

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Ingredients & Prep

300g	Free-range Chicken Mini Fillets
20ml	NOMU Poultry Rub
4	Wheat Flour Tortillas
1	Avocado
40g	Green Leaves <i>rinse & roughly shred</i>
100g	Cucumber <i>rinse & cut into half-moons</i>
40ml	Grated Italian-style Hard Cheese
60g	Croutons
100ml	Creamy Caesar Dressing

From Your Kitchen

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

1. NOMU-SPICED CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken with the NOMU rub until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

2. TOASTY TORTILLAS Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

3. CREAMY AVO Halve the avocado and remove the pip. Peel the skin off, keeping the flesh intact. Dice the avocado and season.

4. IT'S A WRAP! Top the toasted tortillas with the rinsed green leaves, the grilled chicken, the cucumber half-moons, and the diced avo. Scatter over the cheese and the croutons. Drizzle over the creamy caesar dressing. Wrap up and tuck in, Chef!

Nutritional Information

Per 100g

Energy	749kJ
Energy	179kcal
Protein	9.8g
Carbs	17g
of which sugars	1g
Fibre	3.3g
Fat	8.4g
of which saturated	2g
Sodium	305mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Fish, Cow's Milk

Eat
Within
3 Days