



UCCOOK

Bacon Tortilla Roll-Ups

with a zesty yoghurt

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	696kJ	4117kJ
Energy	166kcal	985kcal
Protein	7.5g	44.2g
Carbs	12g	69g
of which sugars	5.4g	31.9g
Fibre	1.1g	6.7g
Fat	9.8g	57.8g
of which saturated	4.1g	24.4g
Sodium	333mg	1972mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
4 strips	8 strips	Streaky Pork Bacon
1	1	Onion <i>peel & roughly dice ½ [1]</i>
15ml	30ml	Honey
1	2	Wheat Flour Tortilla/s
50g	100g	Grated Mozzarella & Cheddar Cheese
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
80g	160g	Baby Tomatoes <i>rinse & cut into wedges</i>
20g	40g	Piquanté Peppers <i>drain</i>
30ml	60ml	Low Fat Plain Yoghurt
30ml	60ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. BETTER WITH BACON Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Roughly chop.

2. BACON JAM Return the pan to medium heat with a drizzle of oil and a knob of butter. Fry the onion until caramelised, 8-10 minutes (shifting occasionally). Reduce the heat and stir in the honey, the bacon and 30ml [50ml] of water. Cook until sticky and reduced by a ¼, 4-5 minutes (stirring regularly). Transfer to a small bowl, cover, and set aside.

3. TOAST THE TORTILLA Fill the tortilla/s with the bacon jam, and the cheese. Roll up. Place a clean pan over medium heat, and toast the tortilla/s until light golden, 1-2 minutes, shifting occasionally. Remove from the heat and halve.

4. FOR THE FRESHNESS In a bowl, combine the salad leaves, the cucumber, the tomatoes, and the peppers. Add a drizzle of olive oil, and season.

5. ZESTY DIP In a small bowl, combine the yoghurt, the lemon juice (to taste), and seasoning.

6. THAT'S A WRAP! Plate up the stuffed tortilla/s, and the fresh salad. Side with the lemon yoghurt for dunking.