



# U C O O K

— COOKING MADE EASY

## TOASTED RAINBOW WRAPS

with **Cajun chicken, caramelised onion & red pesto**

A colour explosion, with flavour to match! Sunshine yellow, gluten-free wraps smeared with red pesto and smooth cottage cheese – encircling Cajun-spiced chicken, pickled carrot and red cabbage, caramelised onion, and mint.

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**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Samantha Finnegan

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 **Easy Peasy**

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## Ingredients & Prep

150g	Free-Range Chicken Mini Fillets
10ml	NOMU Cajun Rub
75g	Red Cabbage & Julienne Carrot Mix
30ml	Pickling Liquid <i>(20ml White Wine Vinegar &amp; 10ml Honey)</i>
50ml	Low-Fat Smooth Cottage Cheese
25ml	Pesto Princess Red Pesto
1	Onion <i>one half peeled &amp; finely sliced</i>
2	Gluten-Free Turmeric Wraps
4g	Fresh Mint <i>rinsed, picked &amp; finely sliced</i>

## From Your Kitchen

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

**1. MARINATED CHICKEN STRIPS** Rinse the chicken mini fillets to get rid of any residue from the packet and pat dry with some paper towel. Place the fillets in a bowl with a drizzle of oil, some seasoning, and the Cajun Rub to taste. Toss to coat and set aside to marinate until it's time for frying.

**2. FANCY FILLINGS** Place the cabbage and carrot slaw in a bowl and pour over the Pickling Liquid. Toss to coat and set aside to pickle. Combine the red pesto with the smooth cottage cheese. Season to taste and set aside for serving.

**3. CARAMELISE THE ONION** Place a pan over a medium heat with a drizzle of oil. When hot, fry the sliced onion for 4-5 minutes until soft and caramelised, shifting occasionally. In the final minute, add a splash of Pickling Liquid from the slaw, tasting to test, and fry for the remaining time. (This will caramelise the onion further.) Remove from the pan on completion and place in a bowl. Cover to keep warm and set aside for serving.

**4. FRAGRANT FRIED CHICKEN** Return the pan to a medium heat. When hot, pan fry the chicken mini fillets for 2-3 minutes per side until golden and cooked through. Remove from the heat on completion and set aside in the pan to rest while you toast the wraps.

**5. TIME TO HEAT THINGS UP** Place a clean, dry pan over a medium heat. When hot, dry toast the gluten-free wraps one at a time for 30-60 seconds per side until lightly crisped, but still pliable. Remove from the pan on completion and repeat with the other wrap.

**6. TIME TO WRAP THINGS UP** Lay out a toasty, warm wrap and smear on lots of creamy red pesto. Top with some pickled slaw, caramelised onion, and Cajun chicken strips. Garnish with the sliced mint and roll it all up. Repeat with the other wrap, then get stuck in with those hands. Finger-licking good, Chef!



## Chef's Tip

Turmeric contains curcumin as its main active compound, which has great anti-inflammatory effects and is a powerful antioxidant. Add turmeric to smoothies, salad dressings, stews, and soups for added nutritional benefits.

## Nutritional Information

Per 100g

Energy	525kJ
Energy	126Kcal
Protein	10.2g
Carbs	14g
of which sugars	5.6g
Fibre	3.9g
Fat	2.5g
of which saturated	1.3g
Sodium	330mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days