



UCCOOK

Apple, Pecan and Turkey Wrap

with cream cheese & green leaves

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Eunice Ngouapindi Mboumba

Nutritional Info	Per 100g	Per Portion
Energy	532kJ	1800kJ
Energy	127kcal	430kcal
Protein	5.2g	17.6g
Carbs	14g	49g
of which sugars	6.7g	22.7g
Fibre	2.1g	7.2g
Fat	5.7g	19.2g
of which saturated	2.3g	7.6g
Sodium	228mg	770mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Wholewheat Tortilla/s
30ml	60ml	Cream Cheese
20g	40g	Green Leaves <i>rinse & roughly shred</i>
1	2	Sliced Smoked Turkey
1	2	Apple/s <i>rinse, peel, core & thinly slice</i> <i>1 [2]</i>
10g	20g	Pecan Nuts

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. LAYERS OF FLAVOUR Spread the cream cheese evenly on the tortilla/s. Fill with green leaves, smoked turkey, ½ the sliced apple and sprinkle over the pecan nut pieces. Wrap it up and enjoy, Chef. Serve the other ½ of the apple on the side.