



uCOOK

German-style Ham Wrap

with sauerkraut

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	786.4kJ	1808.8kJ
Energy	188.1kcal	432.6kcal
Protein	6.9g	15.8g
Carbs	13.6g	31.2g
of which sugars	3.5g	7.9g
Fibre	2.4g	6g
Fat	12.2g	28.1g
of which saturated	1.6g	3.7g
Sodium	563.9mg	1296.9mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Wheat Flour Tortilla/s
50ml	100ml	Mustard-mayo <i>(40ml [80ml] Mayo & 10ml [20ml] Wholegrain Mustard)</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
1 pack	2 packs	Sliced Pork Ham
40g	80g	Sauerkraut

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. **LECKER!** Smear the dijon-mayo on the wrap/s. Top with the cucumber, ham, and sauerkraut. Close up the wrap and enjoy!