



# UCOOK

## Moroccan-style Chicken Wrap

**with homemade babaganoush, chickpeas & mint**

Make Marrakesh magic! These toasted coconut wraps are smeared with flavoursome DIY babaganoush, glorious fried mince, a tangy cucumber & green leaf salad, and sprinkles of crispy chickpeas. Sliced mint leaves top this wrap off with a beautifully fresh fragrance.

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**Hands-On Time:** 30 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Megan Bure

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♥ Health Nut

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 Anthonij Rupert | L'Ormarins Brut Classique NV

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## Ingredients & Prep

1kg	Aubergine <i>rinsed, trimmed &amp; cut into bite-sized chunks</i>
40ml	NOMU Moroccan Rub
240g	Chickpeas <i>drained &amp; rinsed</i>
4	Garlic Cloves
600g	Free-range Chicken Mince
60ml	Tahini
80g	Salad Leaves <i>rinsed</i>
15g	Fresh Mint <i>rinsed, picked &amp; finely sliced</i>
200g	Cucumber <i>cut into thin matchsticks</i>
40ml	Red Wine Vinegar
8	Coconut Wraps
4	Spring Onions <i>finely sliced</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Blender  
Sugar/Sweetener/Honey (optional)

**1. ROAST IT** Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray, coat in oil, ½ of the Moroccan rub and some seasoning. Roast in the hot oven for 30-35 minutes until softened, shifting halfway.

**2. ROAST AGAIN!** When the aubergine has 15 minutes remaining, place the drained chickpeas and the whole, unpeeled garlic cloves on another roasting tray. Coat in oil, some seasoning, and spread out in a single layer. Pop in the hot oven for the remaining roasting time until crispy and caramel in colour.

**3. FRY IT** Place a nonstick pan over a high heat with a drizzle of oil. When hot, add in the mince and the remaining rub and work quickly to break it up as it starts to cook. Allow to caramelise for 6-7 minutes until browned and cooked through, stirring occasionally. Season and cover to keep warm.

**4. BABAGANOUSH** In a blender, combine ½ of the roasted aubergine chunks, the roasted garlic cloves - skin/s discarded, and the tahini. Blend until smooth. Season and add a sweetener of choice (optional). Place the rinsed leaves into a salad bowl with ½ of the sliced mint, the cucumber sticks, and the red wine vinegar. Drizzle over some oil, season, and toss well to combine.

**5. TOAST IT** Place a clean, dry pan over a medium-high heat. When hot, dry toast the coconut wraps one at a time for about 30 seconds per side until warmed through. Remove from the pan on completion and stack on a plate as you go to keep warm.

**6. WRAP IT UP** Lay down the toasty wraps and smear a good helping of babaganoush over one side. Top with the fried mince, the dressed salad, the remaining aubergine and some crispy chickpeas. Finish off with a sprinkling of the remaining sliced mint and spring onion. Fold up and dig in Chef!

## Nutritional Information

Per 100g

Energy	477kJ
Energy	114Kcal
Protein	6.7g
Carbs	12g
of which sugars	3.1g
Fibre	4.4g
Fat	4.1g
of which saturated	1.4g
Sodium	170mg

## Allergens

Allium, Sesame, Sulphites

Cook  
within 2  
Days