



# QCOOK

## Bacon Tortilla Roll-Ups

with a zesty yoghurt

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 3 & 4

**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:

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Serves 3	[Serves 4]	
12 strips	16 strips	Streaky Pork Bacon
2	2	Onions <i>peel &amp; roughly dice 1½ [2]</i>
45ml	60ml	Honey
3	4	Wheat Flour Tortillas
150g	200g	Grated Mozzarella & Cheddar Cheese
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
150g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
240g	320g	Baby Tomatoes <i>rinse &amp; cut into wedges</i>
60g	80g	Piquanté Peppers <i>drain</i>
90ml	125ml	Lemon Juice
90ml	125ml	Low Fat Plain Yoghurt

## From Your Kitchen

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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** Place a pan medium heat with a drizzle of oil and a knob of butter. Fry the onion until caramelised, 10-12 minutes (shifting occasionally). Reduce the heat and stir in the honey, the bacon and 80ml of water. Cook until sticky and reduced by a ¼, 5-6 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 yogurt, 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.