



# UCCOOK

## Smoky Pork Mince Wrap

with Danish-style feta, That Mayo & fresh salad leaves

Requiring only three steps and minimum prep, say hello to a new weeknight dinner fave! Flavoursome BBQ pork mince is amped up with corn, placed in a toasted tortilla wrap, and topped with creamy mayo & crumbled feta. And that's a wrap, Chef!

---

**Hands-on Time:** 10 minutes

**Overall Time:** 20 minutes

---

**Serves:** 1 Person


---

**Chef:** Kate Gomba

---

 **\*NEW Simple & Save**

---

 **Paserene | Rosie Rosé**

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

150g	Pork Mince
40g	Corn
15ml	BBQ Sauce
1	Wheat Flour Tortilla
30ml	That Mayo (Original)
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
1	Tomato <i>½ roughly diced</i>
20g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. FILLING** Place a pan over high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned and caramelised, 5-6 minutes (shifting occasionally). At the halfway mark, add the corn. In the final minute, add the BBQ sauce and mix until combined. Remove from the pan, season, and set aside.

**2. WRAPS** Return the pan, wiped down, to medium heat. When hot, dry toast the tortilla until heated and lightly crisped, 1-2 minutes per side.

**3. DONE!** Smear ½ the mayo on the toasted wrap. Top with the shredded salad leaves, the BBQ mince & corn, and the diced tomato. Dollop over the remaining mayo and crumble over the drained feta. Fold up and enjoy, Chef!

## Nutritional Information

Per 100g

Energy	935kj
Energy	223kcal
Protein	9.4g
Carbs	14g
of which sugars	2.3g
Fibre	1.4g
Fat	13.9g
of which saturated	5.1g
Sodium	257mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites

Cook  
within 1  
Day