



# UCCOOK

## Apple, Pecan and Turkey Wrap

with cream cheese & green leaves

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**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:**

|                 |                   |                                                                       |
|-----------------|-------------------|-----------------------------------------------------------------------|
| <b>Serves 3</b> | <b>[Serves 4]</b> |                                                                       |
| 3               | 4                 | Wholewheat Tortillas                                                  |
| 90ml            | 125ml             | Cream Cheese                                                          |
| 60g             | 80g               | Green Leaves<br><i>rinse &amp; roughly shred</i>                      |
| 3               | 4                 | Sliced Smoked Turkey                                                  |
| 3               | 4                 | Apples<br><i>rinse, peel, core &amp; thinly slice</i><br><i>3 [4]</i> |
| 30g             | 40g               | Pecan Nuts                                                            |

**From Your Kitchen**

Seasoning (salt & pepper)  
Water

1. **TASTY TORTILLA** Place the tortillas 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.