



UCOOK

Tasty Chicken Mince Wrap

with roast butternut & sriracha That Mayo

This dish is both delicious & easy. That's because it's packed full of goodness, starting with charred peppers & red onions, green leaves, oven-roasted butternut chunks, cucumber matchsticks, and caramelised chicken mince. Dollop over the sriracha sauce, fold, and enjoy. That's a wrap, Chef!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Morgan Otten

 Fan Faves

 Paserene | The Shiner White Blend

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Ingredients & Prep

250g	Butternut <i>rinsed, deseeded, peeled (optional) & cut into bite-sized pieces</i>
150g	Free-range Chicken Mince
15ml	NOMU BBQ Rub
40ml	That Mayo (Original)
7,5ml	Sriracha Sauce
1	Onion <i>½ peeled & roughly sliced</i>
1	Bell Pepper <i>½ rinsed, deseeded & cut into strips</i>
2	Rotis
20g	Green Leaves <i>rinsed & roughly shredded</i>
50g	Cucumber <i>rinsed & cut into thin matchsticks</i>

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Place the butternut pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until cooked through and crisping up, 25-30 minutes (shifting halfway).

2. MMMMM MINCE 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. Caramelize until browned, 3-4 minutes (stirring occasionally). In the final minute, add the NOMU rub. Remove from the pan and cover.

3. SRIRACHA SAUCE In a small bowl, combine the mayo and the sriracha sauce (to taste). Add water in 5ml increments until drizzling consistency.

4. ADD SOME COLOUR Return the pan to medium-high heat with a drizzle of oil. When hot, fry the onion slices and the pepper strips until charred but still crunchy, 3-5 minutes. Remove from the pan and cover.

5. REACH FOR THE ROTIS Return the pan, wiped down, to medium-high heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds. Stack on a plate and cover.

6. EAT UP, CHEF! Smear some of the sriracha mayo on the warmed rotis. Top with the shredded leaves, the spiced mince, the charred veg, and the cucumber matchsticks. Dollop over any remaining sriracha mayo (to taste). Fold up! Serve the roasted butternut and any remaining charred veg on the side.



Chef's Tip

Air fryer method: Coat the butternut pieces in oil and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	511kJ
Energy	122kcal
Protein	5.1g
Carbs	16g
of which sugars	3.5g
Fibre	2g
Fat	3.9g
of which saturated	1g
Sodium	260mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 1
Day