



QCOOK

Basil & Ricotta Wrap

with marinated tomatoes & capers

Hands-on Time: 8 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	667.3kJ	2060.5kJ
Energy	159.7kcal	493.2kcal
Protein	5g	15.5g
Carbs	19g	58.8g
of which sugars	2.2g	6.9g
Fibre	2.2g	6.9g
Fat	6.5g	19.9g
of which saturated	2.9g	8.8g
Sodium	383.9mg	1185.2mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Tomato/es <i>rinse & slice into half-moons</i>
10g	20g	Capers <i>drain & roughly chop</i>
20g	40g	Pitted Kalamata Olives <i>drain & roughly chop</i>
10ml	20ml	White Balsamic Vinegar
2	4	Wheat Flour Tortillas
50g	100g	Ricotta Cheese
1 sachet	2 sachets	Banhoek Chilli Oil
3g	5g	Fresh Basil <i>rinse & roughly chop</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. MARINATION STATION In a bowl, combine the tomato, capers, olives and white balsamic. Season and set aside to marinate.

2. PREP THE TORTILLAS Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds. Allow to cool slightly before assembling.

3. NEXT-LEVEL CHEESE & TOMATO Smear the ricotta down the centre of each tortilla. Top with the marinated tomato mixture. Drizzle over the chilli oil (to taste) and season. Garnish with the basil.

4. SAVOUR THE FLAVOUR Close the tortillas up by folding up the bottom side first, followed by folding in the two sides. Enjoy, Chef!

Chef's Tip If you want to toast your tortillas, place the filled tortillas in the toastie machine for 5 minutes, or until golden.