



WCOOK

Biltong & Cream Cheese Wraps

with Banhoek chilli oil

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	990kJ	2457kJ
Energy	237kcal	588kcal
Protein	16.1g	39.9g
Carbs	19g	47g
of which sugars	1.6g	4g
Fibre	2.4g	6g
Fat	10g	24.9g
of which saturated	5.1g	12.6g
Sodium	590mg	1464mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 units	8 units	Wheat Flour Tortillas
125ml	160ml	Cream Cheese
150g	200g	Beef Biltong <i>roughly chop</i>
60g	80g	Green Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & cut into rounds</i>
3 units	4 units	Banhoek Chilli Oil Sachet

From Your Kitchen

Water
Seasoning (salt & pepper)

1. HEAT IT UP Place the wraps on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.

2. WRAP IT UP Spread the cream cheese over the wraps, topped with the biltong, green leaves and cucumber. Finish it off with a drizzle of chilli oil and seasoning. Fold up the wrap and lunch is ready, Chef!