



UCCOOK

Pineapple & Smoked Chicken Wrap

with mayo & spring onion

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 1030kJ | 4472kJ |
| Energy | 246kcal | 1069kcal |
| Protein | 6.4g | 27.9g |
| Carbs | 19g | 84g |
| of which sugars | 4.6g | 20g |
| Fibre | 1.7g | 7.4g |
| Fat | 15.9g | 68.9g |
| of which saturated | 3.9g | 17g |
| Sodium | 614mg | 2634mg |

Allergens: Egg, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 1 | 2 | Smoked Chicken Breast/s <i>slice</i> |
| 10ml | 20ml | NOMU Spanish Rub |
| 2 | 4 | Wheat Flour Tortillas |
| 50ml | 100ml | Hellmann's Original Mayo |
| 20g | 40g | Green Leaves <i>rinse & roughly shred</i> |
| 60g | 120g | Tinned Pineapple Pieces <i>drain</i> |
| 20g | 40g | Gherkins <i>drain & roughly slice</i> |
| 20g | 40g | Piquanté Peppers <i>drain</i> |
| 1 | 1 | Spring Onion <i>rinse, trim & roughly slice</i> |
| 5g | 10g | Crispy Onion Bits |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. GOLDEN SPANISH CHICKEN Place a pan over medium heat with a drizzle of oil and coat the chicken with the NOMU rub. When hot, fry the chicken until warmed through, 1-2 minutes per side. Remove from the pan.

2. TOASTED TORTILLAS Place the tortillas on a plate and heat up in the microwave, 30-60 seconds. Alternatively, place a clean pan over medium heat. When hot, toast the tortillas until heated through, 30-60 seconds per side.

3. LET'S WRAP THINGS UP Smear the wraps with the mayo, top with the salad leaves, the charred juicy chicken, the pineapple pieces, the gherkins, the peppers, the spring onion, and the crispy onion bits. That's a wrap, Chef!