



# UCOOK

## Sticky Chicken Wraps

with Sriracha-honey glaze, kale & hummus

Sriracha and honey – a love story written in the stars and a dazzling marinade for succulent chicken mini fillets. Enveloped in gluten-free charcoal wraps with feta, kale, and hummus. Heavenly!

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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♥ Health Nut

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🍷 Warwick Wine Estate | First Lady Chardonnay

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## Ingredients & Prep

300g	Free-range Chicken Mini Fillets
30ml	Sweet Sriracha <i>(15ml Honey &amp; 15ml Sriracha)</i>
80ml	Hummus
20ml	White Wine Vinegar
1	Tomato <i>roughly diced</i>
40g	Radish <i>thinly sliced into rounds</i>
100g	Kale <i>rinsed &amp; roughly shredded</i>
4	Gluten-free Charcoal Wraps
50g	Danish-style Feta <i>drained</i>

## From Your Kitchen

Oil (cooking, olive & coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. MARINATION & SRIRACHA** Place the chicken mini fillets in a bowl with the sweet Sriracha, a drizzle of oil, and some seasoning. Toss until fully coated. Set aside to marinate for at least 10 minutes. Loosen the hummus with water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

**2. IN A PICKLE** In a bowl, combine the white wine vinegar with 10ml of a sweetener of choice. Mix until the sweetener is fully dissolved. Add the quartered tomatoes and the radish rounds. Toss until fully coated and set aside to pickle.

**3. MASSAGE TIME** Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated in oil. Place a nonstick pan over a medium heat. When hot, sauté the kale for 2-3 minutes until wilted. Remove from the pan and return to the bowl. Cover to keep warm.

**4. SIZZLING CHICKEN & CHARCOAL WRAPS** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the marinated chicken mini fillets for 2-3 minutes per side until golden and cooked through. Wipe down the pan and return it to a medium heat. Heat the charcoal wraps one at a time for 10-15 seconds per side until warmed through but still pliable. Be careful not to overheat them, otherwise they dry out and become too crispy to fold.

**5. THAT'S A WRAP** Time to assemble the scrumptious wraps! Place the kale in the centre and top with the Sriracha-glazed chicken. Scatter over the tomatoes and radish, crumble over the feta, and generously drizzle with the hummus. Look at you go, Chef!



## Chef's Tip

Fry the chicken mini fillets in batches if necessary to avoid overcrowding the pan, or you could end up with boiled chicken, instead of nice and golden chicken!

## Nutritional Information

Per 100g

Energy	446kJ
Energy	107Kcal
Protein	10g
Carbs	8g
of which sugars	3.8g
Fibre	2.2g
Fat	3.8g
of which saturated	1.7g
Sodium	188mg

## Allergens

Dairy, Allium, Sesame, Sulphites, Sugar  
Alcohol (Xylitol)

Cook  
within 3  
Days