



UCOOK

Sticky Chipotle Beef Wrap

with cheddar cheese & a spicy honey dressing

This Mexi-inspired wrap is stuffed with spicy BBQ beef mince and topped with melted cheddar & mozzarella cheese. Zingy crunchy lime slaw, fresh tomato and spring onion salsa, and heat from drizzles of this chipotle That Mayo dressing make this absolutely mouthwatering!

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Alex Levett

 Easy Peasy

 Niel Joubert | Reserve Shiraz

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300g	Cabbage <i>thinly sliced</i>
240g	Carrot <i>¾ grated</i>
60g	Green Leaves <i>rinsed & roughly shredded</i>
45ml	Lime Juice
2	Plum Tomatoes <i>rinsed & diced</i>
3	Spring Onions <i>finely sliced</i>
30g	Chipotle in Adobo <i>finely chopped</i>
125ml	That Mayo (Original)
15ml	Honey
450g	Free-range Beef Mince
85ml	Carb Smart BBQ Sauce
150g	Grated Mozzarella & Cheddar Cheese Mix
6	Whole Wheat Tortillas

From Your Kitchen

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

1. SALSA & SLAW Place the sliced cabbage, grated carrot, the shredded lettuce, the lime juice (to taste) and some seasoning in a bowl. Toss to combine. In a separate bowl, combine the diced tomatoes, the sliced spring onion, a drizzle of oil, and some seasoning.

2. DRESSING Combine ½ of the chopped chipotles, the mayo and the honey. Add water in 5ml increments until drizzling consistency.

3. CHEESY MINCE Place a pan over a high heat with a drizzle of oil. When hot, add in the mince and work quickly to break it up as it starts to cook. Allow it to caramelise for 6-7 minutes until browned, stirring occasionally. Add the remaining chopped chipotles (to taste) and the BBQ sauce and simmer for a further 2-3 minutes until the mince is cooked through and sticky. Season to taste. Just before serving, mix the grated cheese through the sticky mince until slightly melted.

4. FINISHING TOUCHES Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped. Remove from the pan on completion.

5. PLATE Pile up the limey lettuce slaw mix into the toasted tortilla wraps and top with the cheesy BBQ beef mince and tomato & spring onion salsa. Drizzle over the chipotle honey dressing. Fold it all up and tuck in!

Nutritional Information

Per 100g

Energy	856kJ
Energy	205Kcal
Protein	8.3g
Carbs	16g
of which sugars	3.5g
Fibre	1.6g
Fat	11g
of which saturated	4.4g
Sodium	270mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Sugar Alcohol (Xylitol)

Cook
within 3
Days