



UCCOOK

Cheeky Chicken & Sweet Chilli Wrap

with cucumber, roasted butternut & That Mayo

This wrap is a delicious option for a delicious dinner. The sweet chilli chicken is the perfect balance of sweet and spicy, while the roasted butternut adds some depth alongside fresh & crunchy cucumber. We added some of That Mayo for a creamy texture & a bit of tang.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Thea Richter

 ***NEW Simple & Save**

 **No paired wines**

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

Ingredients & Prep

500g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
40g	Green Leaves
100g	Cucumber
300g	Free-range Chicken Mini Fillets
60ml	Sweet Chilli Sauce
2	Wheat Flour Tortillas
40ml	That Mayo (Original)

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. CHOP CHOP Rinse and roughly shred the green leaves. Cut the cucumber into half-moons.

3. SWEET CHICK When the butternut has 10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. When hot, add the chicken mini fillets and fry for 1-2 minutes per side until golden and cooked through. Remove from the heat and place in a bowl. Add the sweet chilli sauce and toss until coated. Season to taste.

4. TOAST TIME Return the pan, wiped down, to a medium-high heat. When hot, dry toast the tortillas for 30-60 seconds per side until heated and lightly crisped. Alternatively, pop them in the microwave for 30-60 seconds until warmed through.

5. WRAP IT UP! Smear the mayo over the warmed tortillas. Top with the shredded leaves, the roasted butternut, the cucumber half-moons, and the sweet chilli chicken (and all the sauce). Serve with any remaining fillings on the side. Well done, Chef!



Chef's Tip

Air fryer method: Coat the butternut chunks in oil and season. Air fry at 200°C for 20-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	481kJ
Energy	115kcal
Protein	7.8g
Carbs	35g
of which sugars	4g
Fibre	1.6g
Fat	2.7g
of which saturated	0.8g
Sodium	200mg

Allergens

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

Cook
within 2
Days