



UCCOOK

Hawaiian Smoked Chicken Wrap

with pineapple & radish

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	810kJ	2353kJ
Energy	194kcal	562kcal
Protein	7.6g	22.2g
Carbs	17g	49g
of which sugars	6.3g	18.3g
Fibre	1.3g	3.8g
Fat	10.6g	30.9g
of which saturated	2.6g	7.7g
Sodium	617mg	1794mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Wholewheat Tortilla/s
125g	250g	Smoked Chicken Breast/s
60g	120g	Tinned Pineapple Pieces <i>roughly chop</i>
50g	100g	Cucumber <i>rinse & slice into thin rounds</i>
10g	20g	Green Leaves <i>rinse & roughly shred</i>
40ml	80ml	Honey Mustard Dressing

From Your Kitchen

Seasoning (Salt & Pepper)
Water

1. **TASTY TORTILLA** Place the tortilla/s on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.
2. **HEAVENLY HAWAIIAN WRAP** Roughly chop the smoked chicken breast/s or shred using two forks. Fill the tortilla/s with the chicken, ½ the pineapple, ½ the cucumber, and ½ the green leaves. Drizzle over the honey mustard dressing. Wrap up and dig in, Chef! Serve any remaining fillings on the side.