



WCOOK

Red Pepper Pesto Turkey Hummus Wrap with Everything Bagel Spice

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Olivia Johnstone

Nutritional Info

	Per 100g	Per Portion
Energy	817kJ	1760kJ
Energy	195kcal	421kcal
Protein	7.5g	16.1g
Carbs	14g	31g
of which sugars	4g	8g
Fibre	2.4g	6.1g
Fat	10.4g	22.4g
of which saturated	1.6g	3.4g
Sodium	639mg	1638mg

Allergens: Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts, Soy

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Wheat Flour Tortilla/s
50ml	100ml	Creamy Pesto <i>(30ml [60ml] Mayo & 20ml [40ml] Pesto Princess Red Pepper Pesto)</i>
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>
1 pack	2 packs	Smoked Sliced Turkey
5ml	10ml	Old Stone Mill Everything Bagel Spice Blend

From Your Kitchen

Seasoning (salt & pepper)

Water

1. TOAST THE TORTILLA Place the tortilla/s on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.

2. TASTE THE TORTILLA Smear the tortilla with the creamy pesto, and top with the green leaves, the cucumber, and the turkey. Sprinkle over the bagel spice. Roll up and enjoy.