



WCOOK

Tropical Balsamic & Chicken Tortilla

with charred pineapple & whipped goat's cheese

Hands-on Time: 35 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	554kj	2878kj
Energy	132kcal	688kcal
Protein	7.7g	39.8g
Carbs	17g	86g
of which sugars	5.9g	30.7g
Fibre	1.1g	5.5g
Fat	3.7g	19.3g
of which saturated	2g	10.5g
Sodium	182mg	948mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
240g	320g	Fresh Pineapple Chunks <i>dice into small chunks</i>
3	4	Crumbed Chicken Breasts
3	4	Wheat Flour Tortillas
75g	100g	Chevin Goat's Cheese
90ml	125ml	Sour Cream
60g	80g	Green Leaves <i>rinse & shred</i>
30ml	40ml	Balsamic Reduction
8g	10g	Fresh Mint <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Milk (optional)
Butter (optional)
Paper Towel

1. GOLDEN ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until soft and lightly golden, 7-8 minutes. Remove from the pan.

2. PINEAPPLE Return the pan to medium-high heat. Fry the pineapple until lightly charred, 2-3 minutes (shifting as it colours). Remove from the pan.

3. CHICKEN Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Roughly cut into bite-sized chunks before serving. Alternatively, air fry at 200°C until crispy and warmed through, 3-5 minutes.

4. CRISPY TORTILLAS Return the pan to medium heat with enough oil to cover the base. When hot, fry the tortillas until golden and crisp, 30-60 seconds per side. Remove from the pan, drain on paper towel, and sprinkle with salt.

5. JUST BEFORE SERVING In a bowl, whisk the goat's cheese and the sour cream until combined.

6. DINNER IS READY Dish up the crispy tortillas, top with a smear of the whipped goat's cheese, green leaves, onion, chicken and scatter over the pineapple. Drizzle over the balsamic and garnish with the mint. Dig in, Chef!

Chef's Tip Cut into pizza-style slices or simply enjoy with a knife and fork!