



U C O O K

— COOKING MADE EASY

Cajun Chicken & Red Pesto Wraps

with caramelised onion & smooth cottage cheese

A thick layer of red pesto and creamy cottage cheese cover soft wheat flour tortillas, encircling Cajun-spiced chicken mini fillets, pickled slaw, caramelised onion, and mint. Get ready for a flavour explosion!

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Easy Peasy**

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Ingredients & Prep

150g	Free-Range Chicken Mini Fillets
10ml	NOMU Cajun Rub
75g	Red Cabbage & Julienne Carrot
30ml	Pickling Liquid <i>(20ml White Wine Vinegar & 10ml Honey)</i>
25ml	Pesto Princess Red Pesto
50ml	Low Fat Smooth Cottage Cheese
1	Onion <i>one half peeled & finely sliced</i>
2	Wheat Flour Tortillas
20g	Green Leaves <i>rinsed & roughly shredded</i>
4g	Fresh Mint <i>rinsed, picked & finely sliced</i>

From Your Kitchen

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

1. MARINATE THE CHICKEN Rinse the chicken mini fillets to get rid of any residue from the packet and pat dry with paper towel. Place in a bowl with a drizzle of oil, some seasoning, and the Cajun Rub to taste. Toss to coat and set aside to marinate.

2. FANCY FILLINGS Place the cabbage and carrot in a bowl and pour over the pickling liquid. Toss to coat and set aside to pickle. Combine the red pesto with the smooth cottage cheese and loosen it slightly with 1 tsp of water or milk. Season to taste and set aside for serving.

3. CREAMY CARAMELISED ONION Place a pan over a medium heat with a drizzle of oil. When hot, fry the sliced onion for 6-8 minutes until soft and caramelised, shifting occasionally. In the final minute, add a splash of pickling liquid from the slaw to caramelise it further. Transfer to a bowl on completion, cover to keep warm, and set aside for serving.

4. FRAGRANT FRIED CHICKEN Return the pan to a medium heat. When hot, pan fry the mini fillets for 2-3 minutes per side until golden and cooked through. Remove from the heat on completion and set aside to rest in the pan until serving.

5. TIME TO HEAT THINGS UP 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.

6. TIME TO WRAP THINGS UP Lay out the toasty wraps and smear over the creamy red pesto. In the centre, pile up the shredded green leaves, pickled slaw, caramelised onion, and Cajun chicken. Garnish with the sliced mint and fold it all up. Finger-licking good!



Chef's Tip

Caramelised onions reach their full potential when sliced finely and cooked very slowly. If you have the time, fry yours over a low heat and add on an extra 10-15 minutes cooking time. Stir in a knob of butter towards the end for even creamier results!

Nutritional Information

Per 100g

Energy	559kJ
Energy	134Kcal
Protein	9.8g
Carbs	16g
of which sugars	5g
Fibre	2g
Fat	3g
of which saturated	1g
Sodium	363mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

**Cook
within 3
Days**