



# UCOOK

## Hellmann's Spanish Chorizo Wrap

with mixed beans & piquanté peppers

Used as a way to show approval, you will be tempted to shout "Olé!" out loud at the office once you taste this Spanish tortilla, wrapped around Hellmann's mayo-covered butter & kidney beans, fresh greens, salty chorizo coins, & sweet piquanté peppers.

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**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

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**Serves:** 1 Person

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**Chef:** Hellmann's

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\*New Lunch

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## Ingredients & Prep

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120g	Mixed Beans <i>(60g Butter Beans &amp; 60g Kidney Beans)</i>
5ml	Smoked Paprika
40ml	Hellmann's Mayo
2	Wheat Flour Tortillas
20g	Salad Leaves <i>rinse</i>
30g	Sliced Pork Chorizo
20g	Piquanté Peppers <i>drain</i>

## From Your Kitchen

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Salt & Pepper

Water

**1. CREAMY BEANS** Drain & rinse the beans. In a bowl, combine the smoked paprika, the mayo, the drained mixed beans and seasoning. Roughly smash the beans with a fork until a chunky consistency.

**2. SPANISH SENSATION** Lay down the tortillas and smear with the creamy bean mayo. Top with the rinsed leaves, the chorizo and the drained peppers. That's a wrap, Chef!

## Nutritional Information

Per 100g

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Energy	1051kj
Energy	251kcal
Protein	7.6g
Carbs	23g
of which sugars	2.2g
Fibre	3.6g
Fat	13.7g
of which saturated	3.4g
Sodium	404.3mg

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## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Alcohol

Eat  
Within  
3 Days