



# QCOOK

## Smoked Turkey Wraps & Chipotle Mayo

with fresh parsley & cucumber

**Hands-on Time:** 8 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Megan Bure

### Nutritional Info

	Per 100g	Per Portion
Energy	942kj	2449kj
Energy	225kcal	586kcal
Protein	7.4g	19.1g
Carbs	24g	62g
of which sugars	3.9g	10.2g
Fibre	2.2g	5.7g
Fat	11.1g	28.9g
of which saturated	2.2g	5.7g
Sodium	515mg	1338mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Soy

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
120ml	160ml	Mayo
15g	20g	Chipotle Chillies In Adobo <i>roughly chop</i>
6	8	Wheat Flour Tortillas
8g	10g	Fresh Parsley <i>rinse &amp; roughly chop</i>
150g	200g	Cucumber <i>rinse &amp; cut into rounds</i>
30g	40g	Piquanté Peppers <i>drain</i>
3 packs	4 packs	Sliced Smoked Turkey

## From Your Kitchen

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Seasoning (salt & pepper)

Water

**1. SPICY MAYO** In a small bowl, combine the mayo with the chipotles (to taste) - be careful, they are spicy! Season, and set aside.

**2. WRAP UP LUNCH** Lay down the tortillas and smear with the chipotle mayo. Top with the parsley, the cucumber, the piquanté peppers, and the turkey. Fold up and get to munching!

**Chef's Tip** Place the tortillas on a microwavable plate and sprinkle with droplets of water. Heat in the microwave for 30 seconds.