

Eat Within 4 Days

UCOOK

Veggie Cream Cheese Wraps

with Pesto Princess Sun-dried Tomato Pesto & cucumber

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	672kJ	2698kJ
Energy	161kcal	646kcal
Protein	5.4g	21.7g
Carbs	15g	61g
of which sugars	2.3g	9.1g
Fibre	2.5g	10.1g
Fat	8.4g	33.8g
of which saturated	4.3g	17.4g
Sodium	274mg	1099mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Wheat Flour Tortillas
150ml	200ml	Cream Cheese
45ml	60ml	Pesto Princess Sun-dried Tomato Pesto
30g	40g	Green Leaves *rinse*
3	4	Tomatoes *rinse & slice into half-moons*
150g	200g	Cucumber *rinse & slice into half-moons*
180g	240g	Chickpeas *drain & rinse*
60g	80g	Danish-style Feta *drain*

From Your Kitchen

Seasoning (salt & pepper)
Water

1. WARM TORTILLA Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.

2. TASTY TOPPINGS Smear the tortillas with the cream cheese. Dollop over the sun-dried tomato pesto. Top with the green leaves, the tomato, the cucumber, and the chickpeas. Season and crumble over the feta. Wrap up and tuck in, Chef!