



# UCOOK

## Mediterranean Wrap

**with a creamy pesto, olives & artichokes**

Warmed tortillas are layered with creamy Pesto Princess Basil Pesto sauce, then topped with chickpeas, briny olives, artichokes, cheese & cucumber. Lunch is a wrap, Chef!

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**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

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**Serves:** 3 People

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**Chef:** Jemimah Smith

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**\*New Lunch**

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## Ingredients & Prep

120ml	Creamy Pesto <i>(30ml Pesto Princess Basil Pesto &amp; 90ml Crème Fraîche)</i>
6	Wheat Flour Tortillas
360g	Chickpeas <i>drain &amp; rinse</i>
60g	Pitted Green Olives <i>drain</i>
90g	Artichoke Hearts <i>drain &amp; roughly chop</i>
90g	Grated Cheddar Cheese
150g	Cucumber <i>rinse &amp; cut into half-moons</i>

## From Your Kitchen

Salt & Pepper  
Water

**1. PESTO SAUCE** In a small bowl, loosen the creamy pesto with water in 5ml increments until smooth and spreadable. Season.

**2. WARM TORTILLAS** Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, for 15 seconds.

**3. MEDITERRANEAN MEAL** Spread the tortillas with the creamy pesto. Top with the drained chickpeas, the drained olives, the chopped artichokes, the cheese, and the cucumber half-moons. Season, fold up, and tuck in, Chef!



## Chef's Tip

Use a toasted sandwich maker to toast the filled tortillas if you have one.

## Nutritional Information

Per 100g

Energy	908kJ
Energy	217kcal
Protein	7.5g
Carbs	21g
of which sugars	1.8g
Fibre	3.8g
Fat	10.1g
of which saturated	4.8g
Sodium	373mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Cow's Milk

Eat  
Within  
4 Days