



QCOOK

Basil & Ricotta Wrap

with marinated tomatoes & capers

Hands-on Time: 8 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|-----------|-------------|
| Energy | 667.3kJ | 2060.5kJ |
| Energy | 159.7kcal | 493.2kcal |
| Protein | 5g | 15.5g |
| Carbs | 19g | 58.8g |
| of which sugars | 2.2g | 6.9g |
| Fibre | 2.2g | 6.9g |
| Fat | 6.5g | 19.9g |
| of which saturated | 2.9g | 8.8g |
| Sodium | 383.9mg | 1185.2mg |

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 1 | 2 | Tomato/es <i>rinse & slice into half-moons</i> |
| 10g | 20g | Capers <i>drain & roughly chop</i> |
| 20g | 40g | Pitted Kalamata Olives <i>drain & roughly chop</i> |
| 10ml | 20ml | White Balsamic Vinegar |
| 2 | 4 | Wheat Flour Tortillas |
| 50g | 100g | Ricotta Cheese |
| 1 sachet | 2 sachets | Banhoek Chilli Oil |
| 3g | 5g | Fresh Basil <i>rinse & roughly chop</i> |

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. MARINATION STATION In a bowl, combine the tomato, capers, olives and white balsamic. Season and set aside to marinate.

2. PREP THE TORTILLAS Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds. Allow to cool slightly before assembling.

3. NEXT-LEVEL CHEESE & TOMATO Smear the ricotta down the centre of each tortilla. Top with the marinated tomato mixture. Drizzle over the chilli oil (to taste) and season. Garnish with the basil.

4. SAVOUR THE FLAVOUR Close the tortillas up by folding up the bottom side first, followed by folding in the two sides. Enjoy, Chef!

Chef's Tip If you want to toast your tortillas, place the filled tortillas in the toastie machine for 5 minutes, or until golden.