



UCCOOK

Beetroot, Feta & Honey-mustard Salad

with carrot & cucumber

Hands-on Time: 12 minutes

Overall Time: 12 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	364kJ	1747kJ
Energy	87kcal	418kcal
Protein	2.2g	10.5g
Carbs	9g	44g
of which sugars	6.2g	29.7g
Fibre	1.9g	9.2g
Fat	4.5g	21.5g
of which saturated	1.6g	7.5g
Sodium	160mg	766mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
225g	300g	Julienne Carrots
225g	300g	Julienne Beetroot
2	2	Apples <i>rinse, peel, core & thinly slice</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
120g	160g	Danish-style Feta <i>drain</i>
125ml	160ml	Honey Mustard Dressing

From Your Kitchen

Water
Seasoning (salt & pepper)

1. SIMPLY SENSATIONAL SALAD In a large bowl, toss together the salad leaves, the beetroot, the carrot, the apple, and the cucumber. Crumble over the feta and drizzle over the honey-mustard dressing. It's as easy as that, Chef!