

QCOOK

Feta, Biltong & Sun-dried Tomato

with a basil pesto dressing

Hands-on Time: 5 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	805kJ	1682kJ
Energy	193kcal	402kcal
Protein	18.1g	37.9g
Carbs	5g	11g
of which sugars	3g	6.2g
Fibre	2.4g	4.9g
Fat	11.9g	24.9g
of which saturated	4g	8.4g
Sodium	616mg	1288mg

Allergens: Sulphites, Egg, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20	40ml	Pesto Princess Basil Pesto
40g	80g	Green Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>drain</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>
30g	60g	Danish-style Feta <i>drain</i>
50g	50	Beef Biltong

From Your Kitchen

Water

Seasoning (salt & pepper)

1. BASIL PESTO SAUCE In a bowl, loosen the pesto with water in 5ml increments until drizzling consistency.

2. ASSEMBLE THE SALAD On a plate, make a bed of the rinsed green leaves. Top with the drained sun-dried tomatoes, the cucumber rounds, the drained feta, and the biltong. Drizzle over the loosened pesto. Enjoy, Chef!