



WCOOK

Basil Biltong Salad

with basil pesto

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 604kj | 1640kj |
| Energy | 145kcal | 393kcal |
| Protein | 14.5g | 39.3g |
| Carbs | 2.3g | 6.1g |
| of which sugars | 2g | 5.6g |
| Fibre | 2.9g | 11.5g |
| Fat | 7.9g | 21.5g |
| of which saturated | 2.8g | 7.5g |
| Sodium | 389mg | 1057mg |

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [\[Serves 4\]](#)

| | | |
|------|------|--|
| 120g | 160g | Salad Leaves <i>rinse & roughly shred</i> |
| 3 | 4 | Tomatoes <i>rinse & roughly dice</i> |
| 120g | 160g | Mozzarella Cheese <i>cut into cubes</i> |
| 150g | 200g | Beef Biltong |
| 60ml | 80ml | Pesto Princess Basil Pesto |
| 30ml | 40ml | Red Wine Vinegar |
| 8g | 10g | Fresh Basil <i>rinse & roughly chop</i> |

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **SEXY SALAD** In a bowl, add the shredded salad leaves, the tomato, the mozzarella and biltong.

2. **PESTO, AND PRESTO!** In a small bowl, combine the pesto with red wine vinegar. Drizzle the pesto over the loaded salad. Top with the fresh basil and dig in, Chef!