



# UHOOK

## Biltong Salad & Satay Dressing

with cashew nuts & edamame beans

It's the all-time favourite South African snack turned into a salad, Chef! Salty biltong, crisp greens, plump edamame beans, refreshing cucumber, crunchy cashews, & a special UHOOK satay dressing will make lunch the highlight of your day today.

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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\*New Lunch

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## Ingredients & Prep

40g	Salad Leaves <i>rinse &amp; roughly tear into bite-sized pieces</i>
40g	Edamame Beans
50g	Cucumber <i>rinse &amp; roughly dice</i>
1	Spring Onion <i>rinse &amp; roughly slice</i>
10g	Cashew Nuts
50ml	Satay Dressing <i>(20ml Peanut Butter, 2,5ml Sesame Oil, 15ml Low Sodium Soy Sauce &amp; 12,5ml Lime Juice)</i>
50g	Beef Biltong <i>roughly chop</i>

## From Your Kitchen

Salt & Pepper  
Water

**1. PREP** In a salad bowl, combine the salad leaves, the edamame beans, the diced cucumber, the spring onion (to taste), the cashew nuts, a drizzle of olive oil, and seasoning. Loosen the satay dressing with water in 5ml increments until drizzling consistency.

**2. EAT** Sprinkle the chopped biltong over the salad and drizzle over the satay dressing. Tuck in, Chef!

## Nutritional Information

Per 100g

Energy	724kJ
Energy	173kcal
Protein	15.9g
Carbs	6g
of which sugars	1.9g
Fibre	2g
Fat	8.8g
of which saturated	1.6g
Sodium	521mg

## Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Tree Nuts, Soy

Eat  
Within  
3 Days