



UCCOOK

Caprese-style Biltong Bowl

with crunchy croutons & basil pesto

An Italian favourite and South African staple combine for a sensational salad of diced tomato, fresh greens, crunchy croutons, salty slivers of biltong, peppery basil, and cubes of creamy mozzarella. Drizzled with a Pesto Princess Basil Pesto dressing.

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Serves: 1 Person

Chef: Jemimah Smith

***New Lunch**

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Ingredients & Prep

20g	Salad Leaves <i>rinse & roughly shred</i>
1	Tomato <i>rinse & roughly dice</i>
40g	Mozzarella Cheese <i>cut into cubes</i>
50g	Beef Biltong
20ml	Pesto Princess Basil Pesto
20g	Croutons
3g	Fresh Basil <i>rinse & roughly chop</i>

From Your Kitchen

Salt & Pepper
Water

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

2. PESTO, AND PRESTO! In a small bowl, loosen the pesto with warm water until drizzling consistency. Drizzle the pesto over the loaded salad and scatter over the croutons. Top with the chopped fresh basil and dig in, Chef!

Nutritional Information

Per 100g

Energy	761kJ
Energy	182kcal
Protein	15.7g
Carbs	8g
of which sugars	1.7g
Fibre	1.5g
Fat	9.1g
of which saturated	3g
Sodium	458.4mg

Allergens

Cow's Milk, Egg, Gluten, Allium,
Wheat, Tree Nuts

Eat
Within
3 Days