

Eat Within 3 Days

UCOOK

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	826kJ	1561kJ
Energy	198kcal	373kcal
Protein	19.5g	36.8g
Carbs	4g	7g
of which sugars	3.2g	6g
Fibre	3.4g	15.7g
Fat	12.6g	23.8g
of which saturated	4.1g	7.8g
Sodium	671mg	1269mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20ml	40ml	Pesto Princess Basil Pesto
20g	40g	Salad Leaves *rinse & roughly shred*
20g	40g	Sun-dried Tomatoes *drain*
50g	100g	Cucumber *rinse & cut into thin rounds*
30g	60g	Danish-style Feta *drain*
50g	100g	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 salad leaves. Top with the sun-dried tomatoes, the cucumber rounds, the feta, and the biltong. Drizzle over the loosened pesto. Enjoy, Chef!