



# UCOOK

## Feta, Chorizo & Sun-dried Tomato Salad

with a basil pesto dressing

Fresh, creamy, tangy, and earthy, this salad brings the A-game when it comes to balancing the saltiness of chorizo in a dish. Baby spinach & rocket are tossed together with sun-dried tomatoes and mild cucumber rounds. Finished with a herbaceous Pesto Princess Basil Pesto sauce.

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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:** Megan Bure

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\*New Lunch

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Ingredients & Prep

|      |   |
|------|---|
| 20ml | Pesto Princess Basil Pesto                          |
| 40g  | Green Leaves<br><i>rinse &amp; roughly shred</i>    |
| 20g  | Sun-dried Tomatoes<br><i>drain</i>                  |
| 50g  | Cucumber<br><i>rinse &amp; cut into thin rounds</i> |
| 30g  | Danish-style Feta<br><i>drain</i>                   |
| 50g  | Sliced Pork Chorizo<br><i>roughly chop</i>          |

From Your Kitchen

Salt & Pepper  
Water

1. **BASIL PESTO SAUCE** In a bowl, loosen the pesto with water in 5ml increments until drizzling consistency.
2. **ASSEMBLE THE SALAD** In a bowl, toss together the shredded salad leaves, the drained sun-dried tomatoes, the cucumber rounds, and the drained feta. Top with the chopped chorizo. Drizzle over the loosened pesto. Enjoy, Chef!

Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 905kj   |
| Energy             | 216kcal |
| Protein            | 11.2g   |
| Carbs              | 6g      |
| of which sugars    | 2.9g    |
| Fibre              | 2.3g    |
| Fat                | 16.6g   |
| of which saturated | 5.8g    |
| Sodium             | 550mg   |

Allergens

Egg, Allium, Sulphites, Alcohol, Cow's Milk

Eat  
Within  
4 Days