



UCCOOK

Beetroot, Feta & Honey-mustard Salad

with carrot & cucumber

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	364kJ	1747kJ
Energy	87kcal	418kcal
Protein	2.2g	10.5g
Carbs	9g	44g
of which sugars	6.2g	29.7g
Fibre	1.9g	9.2g
Fat	4.5g	21.5g
of which saturated	1.6g	7.5g
Sodium	160mg	766mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1		[Serves 2]
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
75g	150g	Julienne Beetroot
75g	150g	Julienne Carrots
1	1	Apple <i>rinse, peel, core & thinly slice</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
40g	80g	Danish-style Feta <i>drain</i>
40ml	80ml	Honey Mustard Dressing

From Your Kitchen

Water
Seasoning (salt & pepper)

1. SIMPLY SENSATIONAL SALAD In a large bowl, toss together the salad leaves, the beetroot, the carrot, the apple, and the cucumber. Crumble over the feta and drizzle over the honey-mustard dressing. It's as easy as that, Chef!