



# WCOOK

## Biltong Salad & Satay Dressing

with cashew nuts & edamame beans

**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

**Lunch:** Serves 3 & 4

**Chef:** Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	724kJ	1889kJ
Energy	173kcal	452kcal
Protein	15.9g	41.5g
Carbs	6g	17g
of which sugars	1.9g	4.8g
Fibre	2.6g	5.3g
Fat	8.8g	22.9g
of which saturated	1.6g	4.2g
Sodium	521mg	1360mg

**Allergens:** Gluten, Allium, Sesame, Peanuts, Wheat, Tree Nuts, Soy

Eat Within 3 Days

**Ingredients & Prep Actions:**

<b>Serves 3</b>	<b>[Serves 4]</b>	
120g	160g	Salad Leaves <i>rinse &amp; roughly tear into bite-sized pieces</i>
120g	160g	Edamame Beans
150g	200g	Cucumber <i>rinse &amp; roughly dice</i>
2	2	Spring Onions <i>rinse &amp; roughly slice</i>
30g	40g	Cashew Nuts
150ml	200ml	Satay Dressing <i>(60ml [80ml] Peanut Butter, 7,5ml [10ml] Sesame Oil, 45ml [60ml] Low Sodium Soy Sauce &amp; 37,5ml [50ml] Lime Juice)</i>
150g	200g	Beef Biltong <i>roughly chop</i>

**From Your Kitchen**

Seasoning (salt & pepper)  
Water

1. **PREP** In a salad bowl, combine the salad leaves, the edamame beans, the 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 biltong over the salad and drizzle over the satay dressing. Tuck in, Chef!