



WCOOK

Biltong Salad & Satay Dressing

with cashew nuts & edamame beans

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

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:

Serves 1	[Serves 2]	
40g	80g	Salad Leaves <i>rinse & roughly tear into bite-sized pieces</i>
40g	80g	Edamame Beans
50g	100g	Cucumber <i>rinse & roughly dice</i>
1	1	Spring Onion <i>rinse & roughly slice</i>
10g	20g	Cashew Nuts
50ml	100ml	Satay Dressing <i>(20ml [40ml] Peanut Butter, 2,5ml [5ml] Sesame Oil, 15ml [30ml] Low Sodium Soy Sauce & 12,5ml [25ml] Lime Juice)</i>
50g	100g	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!