

Eat Within 3 Days

UCOOK

Feta, Biltong & Sun-dried Tomato

with a basil pesto dressing

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

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 3	[Serves 4]	
60g	80g	Salad Leaves *rinse & roughly shred*
60ml	80ml	Pesto Princess Basil Pesto
60g	80g	Sun-dried Tomatoes *drain*
150g	200g	Cucumber *rinse & cut into thin rounds*
90g	120g	Danish-style Feta *drain*
150	200g	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 green leaves. Top with the sun-dried tomatoes, the cucumber rounds, the feta, and the biltong. Drizzle over the loosened pesto. Enjoy, Chef!