



COOK

Biltong, Fig & Cheddar Salad

with peanuts & balsamic reduction

Hands-on Time: 12 minutes

Overall Time: 12 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	1338kJ	1887kJ
Energy	320kcal	451kcal
Protein	27.5g	38.8g
Carbs	22g	31g
of which sugars	18.2g	25.6g
Fibre	2.5g	3.5g
Fat	12.6g	17.7g
of which saturated	3.8g	5.4g
Sodium	620mg	874mg

Allergens: Sulphites, Peanuts, Cow's Milk

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60g	80g	Green Leaves <i>rinse</i>
150g	200g	Beef Biltong
60g	80g	Dried Figs <i>roughly chop</i>
45g	60g	Peanuts
60g	80g	Cheddar Cheese <i>cut into cubes</i>
45ml	60ml	Balsamic Reduction

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **STEP 1, YOU'RE DONE!** In a bowl, toss together the green leaves, the biltong, the figs, the nuts, the cubed cheese, and seasoning. Drizzle over the balsamic reduction.