



UCOOK

Feta, Chorizo & Sun-dried Tomato Salad

with a basil pesto dressing

Fresh, creamy, tangy, and earthy, this salad brings the A-game when it comes to balancing the saltiness of chorizo in a dish. Baby spinach & rocket are tossed together with sun-dried tomatoes and mild cucumber rounds. Finished with a herbaceous Pesto Princess Basil Pesto sauce.

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 2 People

Chef: Megan Bure

*New Lunch

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Ingredients & Prep

40ml	Pesto Princess Basil Pesto
80g	Green Leaves <i>rinse & roughly shred</i>
40g	Sun-dried Tomatoes <i>drain</i>
100g	Cucumber <i>rinse & cut into thin rounds</i>
60g	Danish-style Feta <i>drain</i>
100g	Sliced Pork Chorizo <i>roughly chop</i>

From Your Kitchen

Salt & Pepper
Water

1. BASIL PESTO SAUCE In a bowl, loosen the pesto with water in 5ml increments until drizzling consistency.

2. ASSEMBLE THE SALAD In a bowl, toss together the shredded salad leaves, the drained sun-dried tomatoes, the cucumber rounds, and the drained feta. Top with the chopped chorizo. Drizzle over the loosened pesto. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	905kj
Energy	216kcal
Protein	11.2g
Carbs	6g
of which sugars	2.9g
Fibre	2.3g
Fat	16.6g
of which saturated	5.8g
Sodium	550mg

Allergens

Egg, Allium, Sulphites, Alcohol, Cow's Milk

Eat
Within
4 Days