

Eat Within 4 Days

UCOOK

Biltong, Fig & Cheddar Salad

with peanuts & balsamic reduction

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

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

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20g	40g	Green Leaves *rinse*
50g	100g	Beef Biltong
20g	40g	Dried Figs *roughly chop*
15g	30g	Peanuts
20g	40g	Cheddar Cheese *cut into cubes*
15ml	30ml	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.