



# UCCOOK

## Honey-mustard Beetroot & Feta Salad

with radish & cucumber

**Hands-on Time:** 12 minutes

**Overall Time:** 12 minutes

**Lunch:** Serves 3 & 4

**Chef:** Samantha du Toit

### Nutritional Info

	Per 100g	Per Portion
Energy	366kJ	1626kJ
Energy	87kcal	389kcal
Protein	2.3g	10.1g
Carbs	9g	39g
of which sugars	6g	26.9g
Fibre	1.8g	7.8g
Fat	4.8g	21.5g
of which saturated	1.7g	7.6g
Sodium	171.7mg	763.4mg

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 3 [\[Serves 4\]](#)

60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
225g	300g	Julienne Beetroot
120g	160g	Radish <i>rinse, trim &amp; thinly slice</i>
2	2	Apples <i>rinse, peel, core &amp; thinly slice</i>
150g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
125ml	160ml	Honey Mustard Dressing
120g	160g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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Seasoning (salt & pepper)

Water

**1. SIMPLY SENSATIONAL SALAD** In a large bowl, toss together the salad leaves, the beetroot, the radish, the apple, and the cucumber. Crumble over the feta and drizzle over the honey-mustard dressing. It's as easy as that, Chef!