



# WCOOK

## Biltong Salad & Satay Dressing

with peanuts & edamame beans

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 1 & 2

**Chef:** Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	726kJ	1895kJ
Energy	174kcal	453kcal
Protein	16.3g	42.6g
Carbs	6g	15g
of which sugars	1.7g	4.6g
Fibre	2.6g	9.3g
Fat	8.9g	23.2g
of which saturated	1.5g	3.9g
Sodium	520.6mg	1359mg

**Allergens:** Gluten, Allium, Sesame, Peanuts, Wheat, Soy

**Spice Level:** None

Eat Within 4 Days

# Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Salad Leaves <i>rinse &amp; roughly tear into bite-sized pieces</i>
40g	80g	Edamame Beans
50g	100g	Cucumber <i>rinse &amp; roughly dice</i>
1	1	Spring Onion <i>rinse &amp; roughly slice</i>
10g	20g	Peanuts
50ml	100ml	Satay Dressing <i>(20ml [40ml] Peanut Butter, 2,5ml [5ml] Sesame Oil, 15ml [30ml] Low Sodium Soy Sauce &amp; 12,5ml [25ml] Lime Juice)</i>
50g	100g	Beef Biltong <i>roughly chop</i>

## From Your Kitchen

Seasoning (salt & pepper)  
Water

1. **PREP** In a salad bowl, combine the salad leaves, the edamame beans, the cucumber, the spring onion (to taste), the peanuts, and seasoning. Loosen the satay dressing with water in 5ml increments until drizzling consistency.

2. **EAT** Sprinkle the biltong over the salad and drizzle over the satay dressing. Tuck in, Chef!