

Eat Within 3 Days

UCOOK

Basil Biltong Salad

with basil pesto

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	604kJ	1640kJ
Energy	145kcal	393kcal
Protein	14.5g	39.3g
Carbs	2.3g	6.1g
of which sugars	2g	5.6g
Fibre	2.9g	11.5g
Fat	7.9g	21.5g
of which saturated	2.8g	7.5g
Sodium	389mg	1057mg

Allergens: Sulphites, Egg, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120g	160g	Salad Leaves *rinse & roughly shred*
3	4	Tomatoes *rinse & roughly dice*
120g	160g	Mozzarella Cheese *cut into cubes*
150g	200g	Beef Biltong
60ml	80ml	Pesto Princess Basil Pesto
30ml	40ml	Red Wine Vinegar
8g	10g	Fresh Basil *rinse & roughly chop*

From Your Kitchen

Seasoning (salt & pepper)
Water

1. SEXY SALAD In a bowl, add the shredded salad leaves, the tomato, the mozzarella and biltong.

2. PESTO, AND PRESTO! In a small bowl, combine the pesto with red wine vinegar. Drizzle the pesto over the loaded salad. Top with the fresh basil and dig in, Chef!