



U COOK

Biltong Salad & Satay Dressing

with peanuts & edamame beans

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

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 3	[Serves 4]	
120g	160g	Salad Leaves <i>rinse & roughly tear into bite-sized pieces</i>
120g	160g	Edamame Beans
150g	200g	Cucumber <i>rinse & roughly dice</i>
2	2	Spring Onions <i>rinse & roughly slice</i>
30g	40g	Peanuts
150ml	200ml	Satay Dressing <i>(60ml [80ml] Peanut Butter, 7,5ml [10ml] Sesame Oil, 45ml [60ml] Low Sodium Soy Sauce & 37,5ml [50ml] Lime Juice)</i>
150g	200g	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!