

# UCCOOK

## Watermelon & Biltong Salad

with balsamic reduction

This classic South African summer salad has left the braai and joined you for lunch, Chef! Salad leaves are loaded with sweet watermelon, salty biltong & feta, and fresh cucumber & mint. All drizzled with yoghurt and sprinkled with bagel spice seasoning.

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**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

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**Serves:** 3 People

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**Chef:** Jade Summers

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\*New Lunch

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## Ingredients & Prep

60g	Salad Leaves <i>rinse &amp; roughly shred</i>
150g	Beef Biltong <i>roughly chop</i>
300g	Watermelon Cubes
150g	Cucumber <i>rinse &amp; cut into thin rounds</i>
8g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
60g	Danish-style Feta <i>drain</i>
90ml	Low Fat Plain Yoghurt
15ml	Old Stone Mill Everything Bagel Spice Blend

## From Your Kitchen

Salt & Pepper  
Water

**1. THE SALAD** In a bowl, combine the shredded leaves, the chopped biltong, the watermelon cubes, the cucumber rounds, ½ the chopped mint, and the drained feta. Season.

**2. THE DRESSING** Loosen the yoghurt with a splash of water. Add the remaining mint and season.

**3. THE LUNCH** Drizzle over the yoghurt. Sprinkle over the bagel spice blend.

## Nutritional Information

Per 100g

Energy	451kJ
Energy	108kcal
Protein	12.2g
Carbs	4g
of which sugars	2.7g
Fibre	7.1g
Fat	3.6g
of which saturated	1.6g
Sodium	450.8mg

## Allergens

Allium, Sesame, Cow's Milk

Eat  
Within  
1 Day