

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.

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 1 Person

Chef: Jade Summers

*New Lunch

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Ingredients & Prep

20g	Salad Leaves <i>rinse & roughly shred</i>
50g	Beef Biltong <i>roughly chop</i>
100g	Watermelon Cubes
50g	Cucumber <i>rinse & cut into thin rounds</i>
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
20g	Danish-style Feta <i>drain</i>
30ml	Low Fat Plain Yoghurt
5ml	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