



UCCOOK

Honey-mustard Beetroot & Feta Salad

with radish & cucumber

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	366kJ	1626kJ
Energy	87kcal	389kcal
Protein	2.3g	10.1g
Carbs	9g	39g
of which sugars	6g	26.9g
Fibre	1.8g	7.8g
Fat	4.8g	21.5g
of which saturated	1.7g	7.6g
Sodium	171.7mg	763.4mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1

[\[Serves 2\]](#)

20g	40g	Salad Leaves <i>rinse & roughly shred</i>
75g	150g	Julienne Beetroot
40g	80g	Radish <i>rinse, trim & thinly slice</i>
1	1	Apple <i>rinse, peel, core & thinly slice</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
40g	80g	Danish-style Feta <i>drain</i>
40ml	80ml	Honey Mustard Dressing

From Your Kitchen

Seasoning (salt & pepper)

Water

1. SIMPLY SENSATIONAL SALAD In a large bowl, toss together the salad leaves, the beetroot, the radish, the apple, and the cucumber. Crumble over the feta and drizzle over the honey-mustard dressing. It's as easy as that, Chef!