



UCOOK

Biltong Salad & Satay Dressing

with cashew nuts & edamame beans

It's the all-time favourite South African snack turned into a salad, Chef! Salty biltong, crisp greens, plump edamame beans, refreshing cucumber, crunchy cashews, & a special UCOOK satay dressing will make lunch the highlight of your day today.

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 2 People

Chef: Kate Gomba

*New Lunch

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Ingredients & Prep

From Your Kitchen

Salt & Pepper
Water

- 1. PREP** In a salad bowl, combine the salad leaves pieces, the edamame beans, the diced cucumber, the spring onion (to taste), the cashew nuts, a drizzle of olive oil, and seasoning. Loosen the satay dressing with water in 5ml increments until drizzling consistency.
- 2. EAT** Sprinkle the chopped biltong over the salad and drizzle over the satay dressing. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	724kj
Energy	173kcal
Protein	15.9g
Carbs	6g
of which sugars	1.9g
Fibre	2g
Fat	8.8g
of which saturated	1.6g
Sodium	521mg

Allergens

Gluten, Allium, Sesame, Peanuts,
Wheat, Tree Nuts, Soy

Eat
Within
3 Days