



uCOOK

Basil Biltong Salad

with basil pesto

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	604kJ	1640kJ
Energy	145kcal	393kcal
Protein	14.5g	39.3g
Carbs	2.3g	6.1g
of which sugars	2g	5.6g
Fibre	2.9g	11.5g
Fat	7.9g	21.5g
of which saturated	2.8g	7.5g
Sodium	389mg	1057mg

Allergens: Sulphites, Egg, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
1	2	Tomato/es <i>rinse & roughly dice</i>
40g	80g	Mozzarella Cheese <i>cut into cubes</i>
50g	100g	Beef Biltong
20ml	40ml	Pesto Princess Basil Pesto
10ml	20ml	Red Wine Vinegar
3g	5g	Fresh Basil <i>rinse & roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **SEXY SALAD** In a bowl, add the shredded salad leaves, the tomato, the mozzarella and biltong.

2. **PESTO, AND PRESTO!** In a small bowl, combine the pesto with red wine vinegar. Drizzle the pesto over the loaded salad. Top with the fresh basil and dig in, Chef!