



# UCCOOK

## Caprese-style Biltong Bowl

**with crunchy croutons & basil pesto**

An Italian favourite and South African staple combine for a sensational salad of diced tomato, fresh greens, crunchy croutons, salty slivers of biltong, peppery basil, and cubes of creamy mozzarella. Drizzled with a Pesto Princess Basil Pesto dressing.

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 4 People

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**Chef:** Jemimah Smith

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**\*New Lunch**

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## Ingredients & Prep

80g	Salad Leaves <i>rinse &amp; roughly shred</i>
4	Tomatoes <i>rinse &amp; roughly dice</i>
160g	Mozzarella Cheese <i>cut into cubes</i>
200g	Beef Biltong
80ml	Pesto Princess Basil Pesto
80g	Croutons
10g	Fresh Basil <i>rinse &amp; roughly chop</i>

## From Your Kitchen

Salt & Pepper  
Water

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

**2. PESTO, AND PRESTO!** In a small bowl, loosen the pesto with warm water until drizzling consistency. Drizzle the pesto over the loaded salad and scatter over the croutons. Top with the chopped fresh basil and dig in, Chef!

## Nutritional Information

Per 100g

Energy	761kJ
Energy	182kcal
Protein	15.7g
Carbs	8g
of which sugars	1.7g
Fibre	1.5g
Fat	9.1g
of which saturated	3g
Sodium	458.4mg

## Allergens

Cow's Milk, Egg, Gluten, Allium,  
Wheat, Tree Nuts

Eat  
Within  
3 Days