

QCOOK

Feta, Biltong & Sun-dried Tomato

with a basil pesto dressing

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	805kJ	1682kJ
Energy	193kcal	402kcal
Protein	18.1g	37.9g
Carbs	5g	11g
of which sugars	3g	6.2g
Fibre	2.4g	4.9g
Fat	11.9g	24.9g
of which saturated	4g	8.4g
Sodium	616mg	1288mg

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

Spice Level: None



Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60ml	80ml	Pesto Princess Basil Pesto
120g	160g	Green Leaves <i>rinse & roughly shred</i>
60g	80g	Sun-dried Tomatoes <i>drain</i>
150g	200g	Cucumber <i>rinse & cut into thin rounds</i>
90g	120g	Danish-style Feta <i>drain</i>
150	1	Beef Biltong

From Your Kitchen

Water

Seasoning (salt & pepper)

1. BASIL PESTO SAUCE In a bowl, loosen the pesto with water in 5ml increments until drizzling consistency.

2. ASSEMBLE THE SALAD On a plate, make a bed of the rinsed green leaves. Top with the drained sun-dried tomatoes, the cucumber rounds, the drained feta, and the biltong. Drizzle over the loosened pesto. Enjoy, Chef!