

Eat Within 3 Days

# UCOOK

## 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 | 826kJ | 1561kJ |
| Energy | 198kcal | 373kcal |
| Protein | 19.5g | 36.8g |
| Carbs | 4g | 7g |
| of which sugars | 3.2g | 6g |
| Fibre | 3.4g | 15.7g |
| Fat | 12.6g | 23.8g |
| of which saturated | 4.1g | 7.8g |
| Sodium | 671mg | 1269mg |

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

**Spice Level:** None

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 60g | 80g | Salad Leaves<br>*rinse & roughly shred* |
| 60ml | 80ml | Pesto Princess Basil Pesto |
| 60g | 80g | Sun-dried Tomatoes<br>*drain* |
| 150g | 200g | Cucumber<br>*rinse & cut into thin rounds* |
| 90g | 120g | Danish-style Feta<br>*drain* |
| 150 | 200g | 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 green leaves. Top with the sun-dried tomatoes, the cucumber rounds, the feta, and the biltong. Drizzle over the loosened pesto. Enjoy, Chef!