

UCCOOK

Watermelon & Biltong Bowl

with blue cheese dressing

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	500.9kJ	2427.1kJ
Energy	119.7kcal	580.2kcal
Protein	9.1g	44.1g
Carbs	6.1g	29.4g
of which sugars	2.4g	11.8g
Fibre	1.7g	8.2g
Fat	5.8g	28.1g
of which saturated	1.6g	7.7g
Sodium	260.4mg	1262mg

Allergens: Sulphites, Tree Nuts, Cow's Milk

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Almonds <i>roughly chop</i>
60g	120g	Chickpeas <i>drain & rinse</i>
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
100g	200g	Watermelon Cubes
100g	200g	Cucumber <i>rinse & cut into thin rounds</i>
30g	60g	Danish-style Feta <i>drain</i>
50g	100g	Beef Biltong <i>roughly slice</i>
40ml	80ml	Blue Cheese Dressing

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

1. A IS FOR ALMONDS Place the almonds in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CRISPY CHICKPEAS Return the pan to medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

3. WATERMELON WONDER In a bowl, combine the tomato, salad leaves, watermelon cubes, cucumber, and feta. Add a drizzle of olive oil, and seasoning.

4. SUPER REFRESHING SALAD Dish up a generous helping of the watermelon salad and scatter over the biltong, and chickpeas. Drizzle over the blue cheese dressing. Sprinkle over the almonds.