



# UCCOOK

## Biltong Salad & Satay Dressing

with cashew nuts & edamame beans

It's the all-time favourite South African snack turned into a salad, Chef! Salty biltong, crisp greens, plump edamame beans, refreshing cucumber, crunchy cashews, & a special UCCOOK satay dressing will make lunch the highlight of your day today.

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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:** Kate Gomba

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\*New Lunch

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Ingredients & Prep

From Your Kitchen

Salt & Pepper  
Water

1. **PREP** In a salad bowl, combine the salad leaves pieces, the edamame beans, the diced cucumber, the spring onion (to taste), the cashew nuts, a drizzle of olive oil, and seasoning. Loosen the satay dressing with water in 5ml increments until drizzling consistency.
2. **EAT** Sprinkle the chopped biltong over the salad and drizzle over the satay dressing. Tuck in, Chef!

Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 724kj   |
| Energy             | 173kcal |
| Protein            | 15.9g   |
| Carbs              | 6g      |
| of which sugars    | 1.9g    |
| Fibre              | 2g      |
| Fat                | 8.8g    |
| of which saturated | 1.6g    |
| Sodium             | 521mg   |

Allergens

Gluten, Allium, Sesame, Peanuts,  
Wheat, Tree Nuts, Soy

Eat  
Within  
3 Days