



UCCOOK

Biltong Caesar-style Salad

with sugar snaps & cucumber

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	625kJ	2331kJ
Energy	149kcal	557kcal
Protein	12.5g	46.7g
Carbs	10g	37g
of which sugars	1.6g	5.8g
Fibre	1.8g	6.9g
Fat	6.3g	23.5g
of which saturated	1.7g	6.4g
Sodium	402mg	1501mg

Allergens: Sulphites, Egg, Fish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
200g	250g	Sugar Snaps <i>rinse & cut in half on the diagonal</i>
60g	80g	Green Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
90g	120g	Italian-style Hard Cheese <i>peel into shavings</i>
150g	200g	Beef Biltong <i>roughly chop</i>
150ml	200ml	Caesar Dressing
90g	120g	Croutons
2	2	Spring Onions <i>rinse, trim & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Butter
Water

1. CHAR THE SUGAR SNAP Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sugar snap peas until lightly charred, 2-3 minutes (shifting occasionally). Remove from the heat and season.

2. ALL TOGETHER In a salad bowl, combine the sugar snaps, green leaves, cucumber, cheese shavings, ½ the biltong, and the dressing. Toss to combine and season.

3. DINNER IS READY Bowl up the loaded Caesar-style salad, scatter the croutons, and the remaining biltong over. Garnish with the spring onion and dig in, Chef!