**Biltong, Avo And Feta Salad Recipe**

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**Tzatziki dressing**

1 cup of low fat plain yogurt  
1-3 garlic cloves  
2 teaspoons of fresh lemon juice  
1/3 teaspoon of salt  
1/2 cucumber, peeled  
  
Place all ingredients into food processor and puree  
  
**Salad**  
  
1/2 cucumber, sliced  
1 packet rocket and watercress  
1 avocado  
1 yellow pepper, sliced  
1 punnet rosa tomatoes  
1 ripe mango, sliced  
200g moist beef biltong, sliced  
60g feta cheese

Balsimo berry vinegar beads

Toss together all the salad ingredients and serve the salad with tzatziki dressing and sprinkle with berry vinegar beads.