



# Easy Peri-Peri Beef Salad & Herby Dressing

with Garlic Croutons

SUMMER SALADS

Grab your Meal Kit with this symbol



Cucumber



Tomato/Kumato



Garlic



Beef Strips



Peri-Peri Seasoning



Bake-At-Home Ciabatta



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Parmesan Cheese

Prep in: 15-25 mins  
Ready in: 15-25 mins

Carb Smart

We're in our light and bright era this Summer, so only a salad will do. Let us present to you our per-peri beef salad that is on it's way to becoming your new favourite seasoning for proteins. And, for a little bit of fun, we've added some garlic croutons.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cucumber	1	2
tomato/kumato	1	2
garlic	2 cloves	4 cloves
beef strips	1 small packet	2 small packets OR 1 large packet
peri-peri seasoning	1 sachet	2 sachets
bake-at-home ciabatta	1	2
<b>butter*</b>	20g	40g
dill & parsley mayonnaise	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	2 medium bags
Parmesan cheese**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2513kJ (601Cal)	651kJ (156Cal)
Protein (g)	37.5g	9.7g
Fat, total (g)	33.4g	8.7g
- saturated (g)	9.7g	2.5g
Carbohydrate (g)	36.7g	9.5g
- sugars (g)	6.9g	1.8g
Sodium (mg)	1022mg	265mg
Dietary Fibre (g)	5.1g	1.3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2721kJ (650Cal)	682kJ (163Cal)
Protein (g)	41.7g	10.5g
Fat, total (g)	37g	9.3g
- saturated (g)	12.4g	3.1g
Carbohydrate (g)	36.9g	9.3g
- sugars (g)	7g	1.8g
Sodium (mg)	1155mg	290mg
Dietary Fibre (g)	5.1g	1.3g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Get prepped

- Thinly slice **cucumber** into half-moons.
- Cut **tomato** into thin wedges.
- Finely chop **garlic**.
- In a medium bowl, combine **beef strips**, **peri-peri seasoning** and a drizzle of **olive oil**.

3



## Bring it all together

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips**, tossing, in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- In a large bowl, combine **dill & parsley mayonnaise** and a drizzle of **vinegar**. Add **mixed salad leaves**, **tomato**, **cucumber** and **garlic croutons** and toss to combine. Season.

**TIP:** Cooking the meat in batches over high heat helps it stay tender.

2



## Make the garlic croutons

- Slice **bake-at-home ciabatta** in half lengthways. Toast or grill **ciabatta** to your liking.
- In a medium heatproof bowl, microwave **garlic** and the **butter** in **10 second** bursts, until melted and fragrant. Season with **salt** and **pepper**.
- Roughly chop **toasted ciabatta** then add to bowl with garlic butter. Toss to coat.

4



## Serve up

- Divide garlic crouton salad between bowls.
- Top with peri-peri beef to serve. Enjoy!

**Custom Recipe:** If you've added Parmesan cheese, sprinkle cheese over beef to serve.

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)