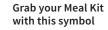


Easy Peri-Peri Beef Salad & Herby Dressing with Garlic Croutons

SUMMER SALADS















Peri-Peri



Bake-At-Home

Ciabatta

Leaves

Seasoning



Dill & Parsley



Mayonnaise





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.

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

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	2 People	4 People		
olive oil*	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		
butter*	20g	40g		
dill & parsley mayonnaise	1 medium packet	1 large packet		
vinegar* (white wine or balsamic)	drizzle	drizzle		
mixed salad leaves	1 medium bag	2 medium bags		
Parmesan cheese**	1 medium packet	1 large packet		
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*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	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 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





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.



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.



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.



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.

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