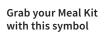


Peri-Peri Beef Salad & Herby Dressing

with Garlic Croutons

SUMMER SALADS

















Peri-Peri



Seasoning

Bake-At-Home Ciabatta



Dill & Parsley Mayonnaise



Leaves





Prep in: 15-25 mins Ready in: 15-25 mins A light and bright salad is sometimes all you need, so let us present to you our peri-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

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

| ingi calcino | | | | |
|---|-----------------|--------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| cucumber | 1 | 2 | | |
| tomato | 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 packet | 2 medium packets | | |
| beef strips** | 1 small packet | 2 small packets OR 1 large packet | | |
| | | | | |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 3305kJ (790Cal) | 741kJ (177Cal) |
| Protein (g) | 41.3g | 9.3g |
| Fat, total (g) | 40.4g | 9.1g |
| - saturated (g) | 11.1g | 2.5g |
| Carbohydrate (g) | 63.9g | 14.3g |
| - sugars (g) | 7.4g | 1.7g |
| Sodium (mg) | 1311mg | 294mg |
| Dietary Fibre (g) | 5.2g | 1.3g |
| | | |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|-----------------------|
| Energy (kJ) | 4087kJ (977Cal) | 716kJ (171Cal) |
| Protein (g) | 70.8g | 12.4g |
| Fat, total (g) | 48g | 8.4g |
| - saturated (g) | 14.3g | 2.5g |
| Carbohydrate (g) | 63.9g | 11.2g |
| - sugars (g) | 7.4g | 1.3g |
| Sodium (mg) | 1374mg | 241mg |

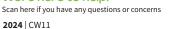
The quantities provided above are averages only.

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!





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.

Custom Recipe: If you've doubled your beef strips, prepare beef as above.



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.

Custom Recipe: Cook beef strips in batches for best results.



Serve up

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

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate