



# Peri-Peri Beef Salad & Herby Dressing

with Garlic Croutons

SUMMER SALADS

Grab your Meal Kit with this symbol



Cucumber



Tomato



Garlic



Beef Strips



Peri-Peri Seasoning



Bake-At-Home Ciabatta



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Beef Strips

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

**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	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 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](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



1



## 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.

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.

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

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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)