



Peri-Peri Beef Salad & Herby Dressing

with Garlic Croutons

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**

We're in our light and bright era at HF, so only a salad will do. 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
olive oil*	refer to method	refer to method
cucumber	1	2
tomato	1	2
garlic	2 cloves	4 cloves
beef strips	1 medium packet	2 medium packets OR 1 large packet
peri-peri seasoning	1 medium sachet	2 medium 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 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2792kJ (667Cal)	633kJ (151Cal)
Protein (g)	36.7g	8.3g
Fat, total (g)	39.7g	9g
- saturated (g)	11.2g	2.5g
Carbohydrate (g)	40g	9.1g
- sugars (g)	10g	2.3g
Sodium (mg)	1054mg	239mg
Dietary Fibre (g)	5.1g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3587kJ (857Cal)	634kJ (152Cal)
Protein (g)	65.6g	11.6g
Fat, total (g)	47.9g	8.5g
- saturated (g)	14.7g	2.6g
Carbohydrate (g)	40g	7.1g
- sugars (g)	10g	1.8g
Sodium (mg)	1119mg	198mg
Dietary Fibre (g)	5.1g	1g

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**.



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: If you've doubled your beef strips, cook beef strips in batches for the best results.



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.



Serve up

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

Rate your recipe

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