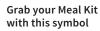


Peri-Peri Beef Salad & Herby Dressing

with Garlic Croutons







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.

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 |
|-----------------|---|
| refer to method | refer to method |
| 1 | 2 |
| 1 | 2 |
| 2 cloves | 4 cloves |
| 1 medium packet | 2 medium packets OR 1 large packet |
| 1 medium sachet | 2 medium sachets |
| 1 | 2 |
| 20g | 40g |
| 1 medium packet | 1 large packet |
| drizzle | drizzle |
| 1 medium packet | 2 medium packets |
| 1 medium packet | 2 medium packets OR 1 large packet |
| | refer to method 1 2 cloves 1 medium packet 1 medium sachet 1 20g 1 medium packet drizzle 1 medium 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 |
| ${\small Carbohydrate}\left(g\right)$ | 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 | 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!





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.

Custom Recipe: If you've doubled your beef strips, cook beef strips in batches for the 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