

# Herbed Beef & Apple-Walnut Salad

with Mustard Dressing

NEW

Grab your meal kit with this number

19



Baby Cos Lettuce



Celery



Apple



Beef Strips



Aussie Spice Blend



Dijon Mustard



Mayonnaise



Walnuts



Beef Strips



Chicken Breast

Prep in: 15-25 mins  
Ready in: 15-25 mins



Protein Rich



Carb Smart

With some tasty additions, like walnuts, mustard dressing and apple, this herby beef salad gets taken to another level. You'll be waving goodbye to boring and bland supermarket salads and never looking back!

### Pantry items

Olive Oil, Honey



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
baby cos lettuce	1 head	2 heads
celery	1 medium packet	1 large packet
apple	1	2
beef strips	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	2 tsp	4 tsp
Dijon mustard	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet
walnuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1976kJ (472cal)	271kJ (65cal)
Protein (g)	33.5g	4.6g
Fat, total (g)	31.7g	4.4g
- saturated (g)	5.4g	0.7g
Carbohydrate (g)	12.5g	1.7g
- sugars (g)	10.5g	1.4g
Sodium (mg)	789mg	108.4mg
Dietary Fibre (g)	5.7g	0.8g

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.



## Get prepped

- Roughly chop **baby cos lettuce**.
- Thinly slice **celery**.
- Thinly slice **apple** into sticks.
- Discard any liquid from **beef strips** packaging.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **beef strips**, then toss to coat.



## Bring it all together

- In a large bowl, combine **Dijon mustard**, **mayonnaise**, the remaining **honey** and a drizzle of **olive oil**.
- Add **cos lettuce**, **celery** and **apple** to the dressing and toss to combine. Season to taste with **salt** and **pepper**.



## Cook the beef

- Heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat, return all **beef** to the pan, add half the **honey** and toss to coat.

**TIP:** Cooking the meat in batches over high heat helps it stay tender.



## Serve up

- Divide apple salad between bowls.
- Top with herbed beef and sprinkle over **walnuts** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

