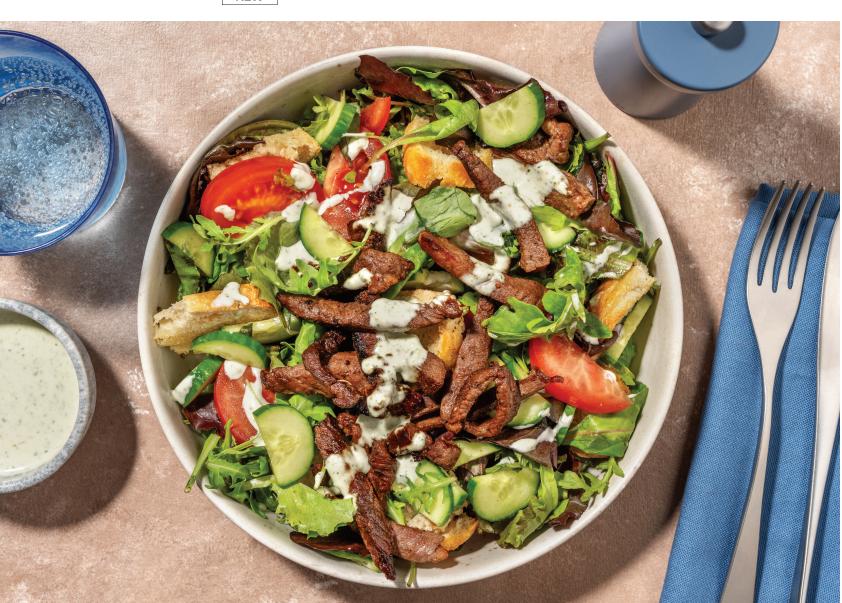


# Tuscan-Style Beef & Panzanella Salad with Croutons & Creamy Pesto Dressing

NEW



Grab your meal kit with this number











Bake-At-Home Ciabatta

Mediterranean Seasoning





**Balsamic Vinaigrette** Dressing



Dressing





#### 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
olive oil*	refer to method	refer to method
cucumber	1	2
tomato	1	2
bake-at-home ciabatta	1	2
Mediterranean seasoning	1 sachet	2 sachets
beef strips	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
balsamic vinaigrette dressing	1 packet	2 packets
creamy pesto dressing	1 medium packet	1 large packet

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3128kJ (748cal)	351kJ (84cal)
Protein (g)	40.3g	4.5g
Fat, total (g)	35.6g	4g
- saturated (g)	6.4g	0.7g
Carbohydrate (g)	64.5g	7.2g
- sugars (g)	9g	1g
Sodium (mg)	1690mg	189.8mg
Dietary Fibre (g)	6.3g	0.7g

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.



## Get prepped

- · Thinly slice cucumber into half-moons.
- · Cut tomato into thin wedges.
- Cut bake-at-home ciabatta into slices.
- In a medium bowl, combine Mediterranean seasoning (reserving a pinch for the dressing) and a drizzle of olive oil. Add beef strips, then toss to coat.



#### Toss the salad

- Meanwhile, toast or grill ciabatta to your liking, then cut or tear into bite-sized chunks.
- To a large bowl, add cucumber, tomato, mixed salad leaves, croutons, balsamic vinaigrette dressing, a drizzle of olive oil and the reserved Mediterranean seasoning.
- Toss to coat and season to taste with salt and pepper.



#### Cook the beef

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

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



## Serve up

- Divide panzanella crouton salad between bowls. Top with Tuscan-style beef.
- Drizzle with **creamy pesto dressing** to serve. Enjoy!







Cut chicken horizontally into steaks. Cook chicken, for 3-6 minutes each side. Add honey, turning chicken to coat.



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

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

