



Tuscan-Style Beef & Panzanella Salad

with Croutons & Creamy Pesto Dressing

NEW

Grab your meal kit
with this number

35



Cucumber



Tomato



Bake-At-Home
Ciabatta



Mediterranean
Seasoning



Beef Strips



Mixed Salad
Leaves



Balsamic Vinaigrette
Dressing



Creamy Pesto
Dressing



Chicken
Breast



Beef
Strips

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

Bring some colour and crunch to your table with this simple yet satisfying salad. Beef strips tossed in an aromatic, herby spice blend team perfectly with crispy ciabatta chunks, vibrant veggies and a rich pesto dressing.

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
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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

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.

