



Herbed Beef & Crouton Salad Bowl

with Gourmet Garden Basil & Creamy Pesto

NEW

Grab your meal kit with this number

19



Cucumber



Apple



Bake-At-Home Ciabatta



Beef Strips



Garlic & Herb Seasoning



Lightly Dried Basil



Wholegrain Mustard



Mixed Salad Leaves



Creamy Pesto Dressing



Parmesan Cheese



Beef Strips

Prep in: 10-20 mins
Ready in: 15-25 mins

Protein Rich

Gourmet Garden's Aussie grown basil is lightly dried for a fresher flavour and lasts four weeks once opened. We've added this secret ingredient to tender beef strips and tossed it all together with croutons, taking this salad to a deliciously new height.

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
apple	1	2
bake-at-home ciabatta	1	2
beef strips	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
lightly dried basil	½ packet	1 packet
wholegrain mustard	½ packet	1 packet
honey*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
creamy pesto dressing	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3120kJ (746cal)	342kJ (82cal)
Protein (g)	42g	4.6g
Fat, total (g)	32g	3.5g
- saturated (g)	5.9g	0.6g
Carbohydrate (g)	70g	7.7g
- sugars (g)	12.6g	1.4g
Sodium (mg)	1569mg	171.9mg
Dietary Fibre (g)	7.6g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

In collaboration with



Grown on farms across Australia, this lightly dried basil adds extra flavour and depth to every meal.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Thinly slice **cucumber** into half-moons.
- Thinly slice **apple**.
- Cut **bake-at-home ciabatta** into slices. Toast or grill **ciabatta** to your liking, then cut or tear into bite-sized chunks.
- Meanwhile, in a medium bowl, combine **beef strips, garlic & herb seasoning, a pinch of salt** and a drizzle of **olive oil**.



Toss the salad

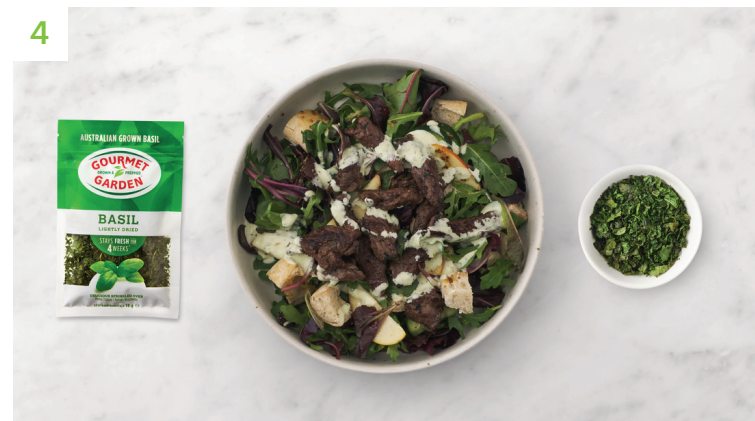
- In a second medium bowl, combine **wholegrain mustard (see ingredients), the honey** and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- Add **mixed salad leaves, cucumber, apple** and **croutons**, tossing to combine.



Cook the beef

- 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 bowl.
- Add **Gourmet Garden lightly dried basil (see ingredients)** and toss to coat.

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



Serve up

- Divide crouton salad between bowls.
- Top with herbed beef.
- Drizzle over **creamy pesto dressing** to serve. Enjoy!

CUSTOM OPTIONS

+ ADD PARMESAN CHEESE
Sprinkle over before serving.

+ DOUBLE BEEF STRIPS
Follow method above, cooking in batches.

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

