



Quick Peri-Peri Beef Salad & Herby Dressing

with Garlic Croutons

Grab your meal kit with this number

35



Cucumber



Tomato



Carrot



Garlic



Beef Strips



Peri-Peri Seasoning



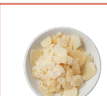
Bake-At-Home Ciabatta



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Parmesan Cheese



Beef Strips

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

A light and bright salad is sometimes all you need, so 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 to round out the meal.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

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
carrot	1	2
garlic	2 cloves	4 cloves
beef strips	1 medium packet	2 medium packets OR 1 large packet
peri-peri seasoning	1 sachet	2 sachets
bake-at-home ciabatta	1	2
butter*	20g	40g
dill & parsley mayonnaise	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3368kJ (805cal)	339kJ (81cal)
Protein (g)	42.1g	4.2g
Fat, total (g)	40.2g	4g
- saturated (g)	11g	1.1g
Carbohydrate (g)	67.2g	6.8g
- sugars (g)	10.5g	1.1g
Sodium (mg)	1349mg	135.9mg
Dietary Fibre (g)	8.5g	0.9g

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.

1



Get prepped

- Thinly slice **cucumber** into half-moons.
- Cut **tomato** into thin wedges.
- Using a vegetable peeler, peel **carrot** into ribbons.
- Finely chop **garlic**.
- In a medium bowl, combine **beef strips**, **peri-peri seasoning** and a drizzle of **olive oil**.

3



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**, **cucumber**, **tomato**, **carrot** and **garlic croutons** and toss to combine. Season to taste.

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

2



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.

4



Serve up

- Divide garlic crouton salad between bowls.
- Top with peri-peri beef to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



CUSTOM OPTIONS

+ **ADD PARMESAN CHEESE**
Sprinkle over before serving.

+ **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.

