



Quick Beef & Supergreen Kale Salad

with Garlic Fetta & Ranch Dressing

SUMMER SALADS

NEW

Grab your meal kit with this number

14



Kale



Roasted Almonds



Cucumber



Lemon



Beef Strips



Nan's Special Seasoning



Garlic Paste



Fetta Cubes



Mixed Salad Leaves



Ranch Dressing



Beef Strips



Haloumi

Prep in: 15-25 mins
Ready in: 20-30 mins



Protein Rich



Carb Smart

This supergreen, superstar salad is sure to make you feel good and makes the perfect light lunch or dinner. With kale, cucumber, mesclun and fetta, this salad provides the perfect base for spiced beef!

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
kale	1 medium packet	2 medium packets
roasted almonds	1 medium packet	1 large packet
cucumber	1	2
lemon	½	1
beef strips	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
garlic paste	½ packet	1 packet
fetta cubes	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
ranch dressing	1 packet	2 packets

*Pantry Items

Nutrition

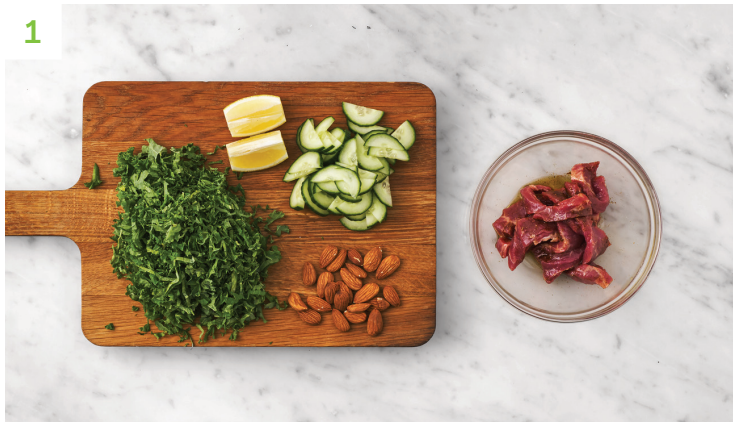
Avg Qty	Per Serving	Per 100g
Energy (kJ)	1891kJ (452cal)	246kJ (59cal)
Protein (g)	38.3g	5g
Fat, total (g)	28.9g	3.8g
- saturated (g)	7g	0.9g
Carbohydrate (g)	9g	1.2g
- sugars (g)	6.3g	0.8g
Sodium (mg)	806mg	104.9mg
Dietary Fibre (g)	10.4g	1.4g

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 **kale**, discarding any larger pieces of stalk.
- Roughly chop **roasted almonds**.
- Thinly slice **cucumber** into half moons.
- Slice **lemon** into wedges.
- In a medium bowl, combine **beef strips**, **Nan's special seasoning** and a drizzle of **olive oil**.



Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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



Make the garlic feta dressing

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **garlic paste** (see ingredients) until fragrant, **1 minute**. Transfer to a large bowl.
- Crumble in **fetta cubes** and mash to combine.
- Add the **honey** and a good squeeze of **lemon juice**, then stir to combine.



Serve up

- To the bowl with the feta dressing, add kale, cucumber and **mixed salad leaves**. Season to taste with **salt** and **pepper**.
- Divide supergreen kale salad between bowls, then top with beef.
- Drizzle over **ranch dressing** and garnish with almonds.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

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

