

# Easy Garlic-Herb Beef & Creamy Pesto Salad

with Fetta Crumble

SUMMER SALADS

MEDITERRANEAN

Grab your meal kit with this number

35



Cucumber



Celery



Garlic & Herb Seasoning



Beef Strips



Mixed Salad Leaves



Creamy Pesto Dressing



Fetta Cubes



Pork Loin Steak




Beef Rump

### Recipe Update

We've replaced the tomato in this recipe with cucumber due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

 Protein Rich

 Carb Smart

A light and bright salad is sometimes all you need, so let us present to you our garlicky beef salad packed with colour and texture. And, for a little bit of fun, we've added a tantalising depth of flavour with our creamy pesto dressing and fetta cubes.

### Pantry items

Olive Oil, 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
<b>olive oil*</b>	refer to method	refer to method
cucumber	1	2
celery	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 large packet	2 large packets
creamy pesto dressing	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
fetta cubes	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2046kJ (489cal)	304kJ (73cal)
Protein (g)	36.6g	5.4g
Fat, total (g)	34.8g	5.2g
- saturated (g)	9.4g	1.4g
Carbohydrate (g)	6.7g	1g
- sugars (g)	3.6g	0.5g
Sodium (mg)	1001mg	148.7mg
Dietary Fibre (g)	2.9g	0.4g

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](https://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

- Cut **cucumber** into half-moons.
- Roughly chop **celery**.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.



## Bring it all together

- In a large bowl, combine **cucumber**, **celery**, **mixed salad leaves**, **creamy pesto dressing** and a drizzle of **vinegar** and **olive oil**. Season to taste.



## Cook the beef

- Heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.

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



## Serve up

- Divide creamy pesto salad between bowls and top with garlic-herb beef.
- Crumble over **fetta cubes** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### SWAP TO PORK LOIN STEAK

Cook with a drizzle of olive oil, until cooked through, 3-4 minutes each side. Transfer to a plate to rest.



#### SWAP TO BEEF RUMP

Cook with a drizzle of olive oil, turning, 3-4 minutes for medium-rare. Rest and slice to serve.

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

