

SUMMER SALADS

# Easy Garlic-Herb Beef & Creamy Pesto Salad with Fetta Crumble

MEDITERRANEAN

Grab your meal kit with this number





Cucumber

Celery



Garlic & Herb

**Beef Strips** 



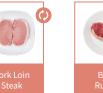


Mixed Salad Leaves

Creamy Pesto Dressing



Fetta Cubes





## 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

Carb Smart

**Protein Rich** 

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 Balsamić)





### 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 Incredients

	2 People	4 People	
olive oil*	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	
vinegar* (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 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.



# 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.



# 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.



### 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 2024 | CW47



# 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.

