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Pan-Fried Beef & Quinoa Salad with Paprika Vinaigrette

Colourful and crunchy, this quinoa and paprika beef salad is a real zinger. If you're not a big fan of coriander, do give it a try in this lively veggie medley – it adds the perfect finish!



Prep: 15 mins

Cook: 20 mins

Total: 35 mins



level 1



high protein

Pantry Items



Olive Oil



Red Wine Vinegar



Brown Sugar



Water



Plain Flour



Smoked Paprika



Garlic



Quinoa



Chicken Stock



Carrot



Beetroot



Beef Strips



Baby Spinach Leaves



Coriander

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2P	4P	Ingredients
2 tbs	4 tbs	olive oil *
1 sachet	2 sachets	smoked paprika
1 clove	2 cloves	garlic, peeled & crushed
1 tsp	2 tsp	red wine vinegar *
½ tsp	1 tsp	brown sugar *
1 packet	2 packets	quinoa, rinsed well
1 ½ cups	3 cups	water *
½ cube	1 cube	chicken stock, crumbled
1	2	carrot, peeled & cut into matchsticks
1	2	beetroot, peeled & cut into matchsticks
2 tbs	4 tbs	plain flour *
1 packet	2 packets	beef strips
½ bag	1 bag	baby spinach leaves
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2530	Kj
Protein	44.3	g
Fat, total	24.8	g
-saturated	5.5	g
Carbohydrate	49.7	g
-sugars	9.8	g
Sodium	262	mg



You will need: *chef's knife, chopping board, garlic crusher, sieve, vegetable peeler, medium bowl, medium saucepan with lid, wooden spoon, medium frying pan and plastic zip lock bag.*

1 To make the vinaigrette, combine half the **olive oil**, half the **smoked paprika**, **garlic**, **red wine vinegar** and **brown sugar** in a medium bowl. Season with **salt** and **pepper** and mix well.



2 Place the **quinoa**, **water** and **chicken stock cube** in a medium saucepan and stir to combine. Cover with a lid and bring to the boil. Remove the lid and reduce to a medium heat. Simmer for **8-10 minutes**, or until the quinoa is tender and the water has absorbed (drain any excess water). Drizzle with olive oil and set aside.



3 Meanwhile, heat a dash of the remaining olive oil in a medium frying pan and add the **carrot** and **beetroot**. Cook for **4-5 minutes**, or until softened but still retaining some crunch. Remove from the pan into the medium bowl containing the vinaigrette.

4 Heat the remaining olive oil in a medium frying pan. While the pan is heating up, add the **plain flour**, **beef strips**, the remaining smoked paprika and a generous amount of salt and pepper to a plastic zip lock bag and shake to coat. Transfer the beef strips immediately to the pan and fry for **2-3 minutes**, or until browned and crispy. Remove from the pan and set aside.



5 Add the quinoa and **baby spinach leaves** to the medium bowl containing the veggies and toss everything together.

6 To serve, divide the quinoa salad between plates, top with the crispy beef strips and garnish with the **coriander** leaves. Enjoy!