



Pesto Beef & Tomato Asparagus Salad with Croutons & Parmesan

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Nutrition Per Serving: Energy 2962kJ (707Cal) | Protein 48.9g | Fat, total 37.2g - saturated 7.9g | Carbohydrate 40.6g - sugars 6.5g | Sodium 1360mg
The quantities provided above are averages only.

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2022 | WK14 | W

Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Beef Strips	1 small pkt	1 medium pkt
Basil Pesto	1 pkt (50g)	1 pkt (100g)
Semi-Dried Tomatoes	1 pkt	2 pkts
Grated Parmesan Cheese	1 pkt (30g)	2 pkts (60g)

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. Toast



Bake-At-Home Ciabatta



Beef Strips



Garlic & Herb Seasoning



Basil Pesto

2. Sizzle



Cherry/Snacking Tomatoes



Asparagus

3. Toss



Balsamic Vinaigrette Dressing



Semi-Dried Tomatoes



Mixed Leaves



Grated Parmesan Cheese



Flaked Almond Cheese

- Slice **ciabatta**. Toast or grill to your liking. Tear into chunks
- Heat **olive oil** in a frying pan over high heat
- Cook **beef strips** and **seasoning**, in batches, tossing, until browned, **2 mins**. Season
- Transfer to a bowl with **pesto**. Toss

- Halve **tomatoes**. Roughly chop **asparagus**
- Return frying pan to high heat with a drizzle of **oil**. Cook **asparagus** until tender, **3-4 mins**. Season

- In a large bowl, add **dressing**, **ciabatta chunks**, **tomatoes**, **asparagus**, **semi-dried tomatoes** and **mixed leaves**. Season and toss.
- Plate up **salad**. Top with the **beef** and **Parmesan**
- Serve sprinkled with **almonds**

