



Garlic-Herb Beef & Creamy Pesto Salad

with Feta & Toasted Almonds

MONTHLY SPECIAL

Grab your Meal Kit with this symbol



Tomato



Cucumber



Garlic & Herb Seasoning



Beef Strips



Flaked Almonds



Mixed Salad Leaves



Creamy Pesto Dressing



Cow's Milk Feta



Beef Rump

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

Carb Smart

Quickly-cooked beef strips meld together wonderfully with creamy basil pesto dressing in this Mediterranean-style salad. Make it a meal with crumbly feta cheese, and now you've got yourself a fusion of textures and flavours you simply can't miss out on!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

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
tomato	1	2
cucumber	1 (medium)	1 (large)
garlic & herb seasoning	1 medium sachet	1 large sachet
beef strips	1 packet	1 packet (or 2 packets)
flaked almonds	1 packet	2 packets
mixed salad leaves	1 large bag	2 large bags
creamy pesto dressing	1 packet (40g)	1 packet (80g)
white wine vinegar*	drizzle	drizzle
cow's milk feta	½ packet (95g)	1 packet (190g)
beef rump**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2065kJ (494Cal)	522kJ (125Cal)
Protein (g)	39.4g	10g
Fat, total (g)	32.6g	8.2g
- saturated (g)	11g	2.8g
Carbohydrate (g)	8.9g	2.2g
- sugars (g)	4.9g	1.2g
Sodium (mg)	1184mg	299mg
Dietary Fibre (g)	3.5g	0.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2152kJ (514Cal)	511kJ (122Cal)
Protein (g)	43.2g	10.3g
Fat, total (g)	33.4g	7.9g
- saturated (g)	12.9g	3.1g
Carbohydrate (g)	8.9g	2.1g
- sugars (g)	4.9g	1.2g
Sodium (mg)	1207mg	287mg
Dietary fibre	3.5g	0.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

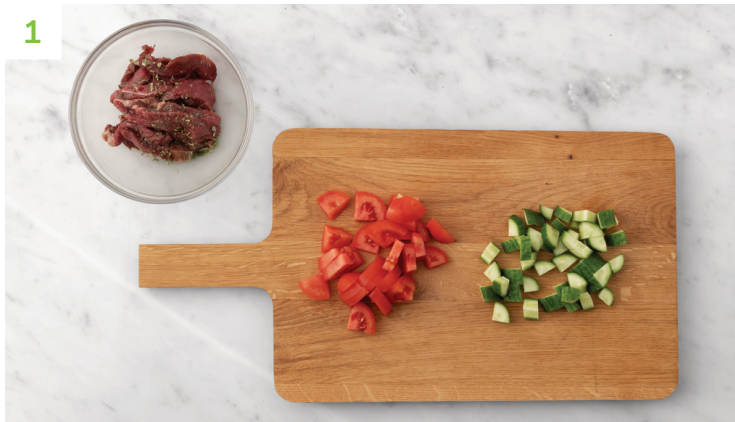
We're here to help!

Scan here if you have any questions or concerns



2023 | CW29

1



Get prepped

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

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef with garlic & herb seasoning and a drizzle of olive oil. Season with salt and pepper.

3



Make the salad

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

Custom Recipe: Slice beef rump into strips.

2



Cook the beef

- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl and set aside.
- Return the frying pan to 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.

Custom Recipe: Return the frying pan in the same way as above. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

4



Serve up

- Divide creamy pesto salad between bowls and top with garlic-herb beef.
- Crumble over **feta cheese (see ingredients)** and garnish with toasted almonds to serve. Enjoy!

Rate your recipe

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