



Herbed Beef & Waldorf-Style Salad

with Dill-Parsley Mayo & Flaked Almonds

NEW

Grab your meal kit with this number

36



Cos Lettuce



Celery



Apple



Flaked Almonds



Beef Strips



Herb & Mushroom Seasoning



Dill & Parsley Mayonnaise



Grated Parmesan Cheese



Beef Strips

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

Protein Rich

Carb Smart

This hearty and refreshing salad will not leave you wanting, with tender beef strips, crunchy cos, sweet and crisp apple and nutty flaked almonds. Tossed together with a creamy dill-parsley mayo, this epic combo is sure to satisfy!

Pantry items

Olive Oil, Honey

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
olive oil*	refer to method	refer to method
cos lettuce	1 head	2 heads
celery	1 stalk	2 stalks
apple	1	2
flaked almonds	1 packet	2 packets
beef strips	1 medium packet	2 medium packets OR 1 large packet
herb & mushroom seasoning	1 medium sachet	2 medium sachets
honey*	1 tsp	2 tsp
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1891kJ (452cal)	261kJ (62cal)
Protein (g)	32.8g	4.5g
Fat, total (g)	27.1g	3.7g
- saturated (g)	5.8g	0.8g
Carbohydrate (g)	17.2g	2.4g
- sugars (g)	14.1g	1.9g
Sodium (mg)	921mg	127mg
Dietary Fibre (g)	5.5g	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.



Get prepped

- Roughly chop **cos lettuce**. Thinly slice **celery**. Thinly slice **apple** into sticks.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Set aside.
- Discard any liquid from **beef strips** packaging.
- In a medium bowl, combine **beef strips**, **herb & mushroom seasoning** and a drizzle of **olive oil**.



Bring it all together

- In a large bowl, combine **dill & parsley mayonnaise** and a drizzle of **olive oil**. Add **cos lettuce**, **celery** and **apple**, then toss to combine.
- Season to taste with **salt** and **pepper**.



Cook the beef

- Return 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**.
- Remove pan from heat and return all **beef** to pan. Add the **honey** and toss to coat.

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



Serve up

- Divide waldorf-style salad between bowls.
- Top with herbed beef and sprinkle over toasted almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



CUSTOM OPTIONS

+ **ADD GRATED PARMESAN CHEESE**
Sprinkle over before serving.

+ **DOUBLE BEEF STRIPS**
Follow method above, cooking in batches if necessary.

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

