



Quick Herbed Beef & Apple Salad Bowl

with Croutons & Creamy Pesto

NEW

Grab your meal kit with this number

36



Cucumber



Apple



Wholemeal Panini



Beef Strips



Garlic & Herb Seasoning



Mixed Salad Leaves



Creamy Pesto Dressing



Grated Parmesan Cheese



Beef Strips

Prep in: 10-20 mins
Ready in: 15-25 mins

Protein Rich

Carb Smart

If you're craving a salad but worried it won't fill you up, this is the one to go for. Tender, herby beef strips are tossed through a mix of crunchy cucumber, fresh salad leaves and sweet apple. It even has chunks of toasted panini mixed through so you don't have to miss out on your carb fix!

Pantry items

Olive Oil, White Wine Vinegar, 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
cucumber	1 (medium)	1 (large)
apple	1	2
wholemeal panini	1	2
beef strips	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
white wine vinegar*	drizzle	drizzle
honey*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
creamy pesto dressing	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2092kJ (500Cal)	567kJ (135Cal)
Protein (g)	35.4g	9.6g
Fat, total (g)	22g	6g
- saturated (g)	5.1g	1.4g
Carbohydrate (g)	36.9g	10g
- sugars (g)	13.5g	3.7g
Sodium (mg)	804mg	218mg
Dietary Fibre (g)	6g	1.6g

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.

1



Get prepped

- Preheat oven to **200°C/180°C fan-forced**
- Thinly slice **cucumber** into half-moons.
- Thinly slice **apple**.
- Cut **wholemeal panini** in half lengthways. Toast or grill to your liking, then cut or tear into bite-sized chunks.
- In a medium bowl, combine **beef strips, garlic & herb seasoning**, a pinch of **salt** and a drizzle of **olive oil**.

3



Toss the salad

- In a second medium bowl, combine a drizzle of **white wine vinegar**, the **honey** and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- Add **mixed salad leaves, cucumber, apple** and **panini**. Toss to combine.

2



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips**, tossing, in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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

4



Serve up

- Divide apple salad between bowls.
- Top with herbed beef.
- Drizzle over **creamy pesto dressing** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS

+ ADD GRATED PARMESAN CHEESE
Add cheese to the salad before tossing.

+ 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.

