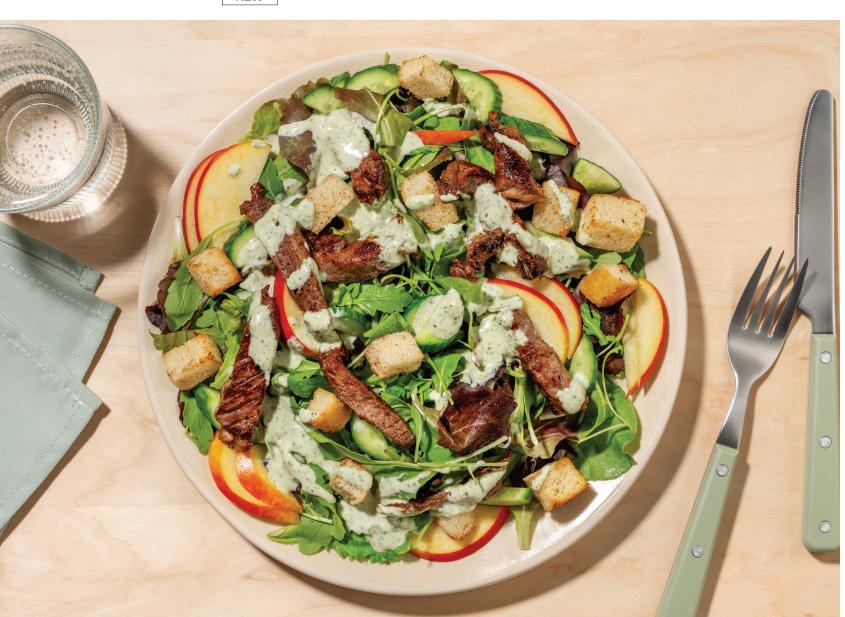


# Quick Herbed Beef & Apple Salad Bowl with Croutons & Creamy Pesto

NEW



Grab your meal kit with this number











Wholemeal Panini

**Beef Strips** 





Garlic & Herb Seasoning

Mixed Salad



Creamy Pesto Dressing



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

**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

## **Inaredients**

	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

<sup>\*</sup>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.



#### 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.



#### 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.



#### Toss the salad

**CUSTOM** 

**OPTIONS** 

- 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.



# Serve up

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









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

