



Garlic-Herb Beef & Creamy Pesto Salad

with Feta & Toasted Almonds

Grab your meal kit with this number

36



Tomato



Cucumber



Garlic & Herb Seasoning



Beef Strips



Flaked Almonds



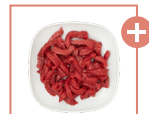
Mixed Salad Leaves



Creamy Pesto Dressing



Cow's Milk Feta



Beef Strips



Beef Rump

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

Protein Rich

Carb Smart

Quickly-cooked beef strips meld together wonderfully with creamy 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!

Pantry items

Olive Oil, White Wine Vinegar

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
tomato	1	2
cucumber	1 (medium)	1 (large)
garlic & herb seasoning	1 medium sachet	1 large sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
flaked almonds	1 packet	2 packets
mixed salad leaves	1 large packet	2 large packets
creamy pesto dressing	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
cow's milk feta	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2303kJ (550cal)	252kJ (60cal)
Protein (g)	41.4g	4.5g
Fat, total (g)	37.1g	4.1g
- saturated (g)	11.3g	1.2g
Carbohydrate (g)	11.2g	1.2g
- sugars (g)	5.7g	0.6g
Sodium (mg)	1184mg	129.7mg
Dietary Fibre (g)	3g	0.3g

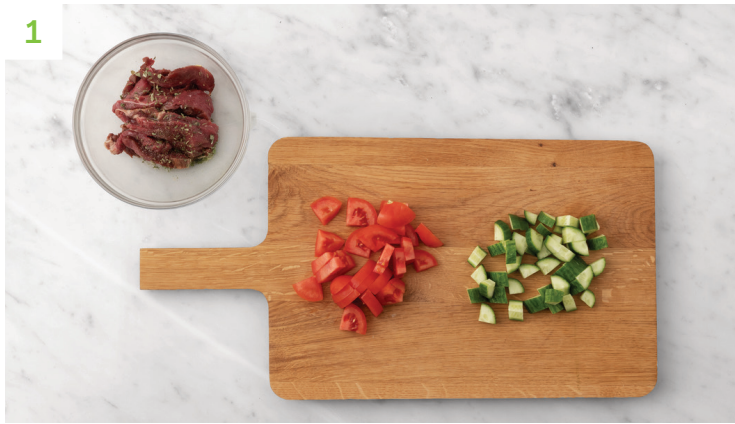
The quantities provided above are averages only.

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

- 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.

3



Bring it all together

- 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.

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 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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



CUSTOM OPTIONS

+ DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

↻ SWAP TO BEEF RUMP

Cook with a drizzle of olive oil, turning, 5-6 minutes for medium. Rest and slice to serve.

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

