



Honey-Glazed Beef & Avocado Salad

with Pickled Cucumber & Slivered Almonds

KIWI FLAVOURS

NEW

Grab your meal kit with this number

8



Cucumber



Cos Lettuce



Avocado



Apple



Beef Strips



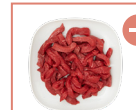
Kiwi Spice Blend



Slivered Almonds



Dill & Parsley Mayonnaise



Beef Strips



Grated Parmesan Cheese

Recipe Update

We've replaced the radish in this recipe with cucumber due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins

Protein Rich

Who said a salad can't be satiating and hearty? Picture this: honey-glazed beef strips, creamy avocado, crisp apple and pickled cucumber, all tossed together in a bowl with fresh cos lettuce. We're even sprinkling over some crunchy almonds for that all-important texture. Go on, grab a fork and dive in!

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)
white wine vinegar*	¼ cup	½ cup
cos lettuce	1 head	2 heads
avocado	1 (small)	1 (large)
apple	1	2
beef strips	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
slivered almonds	1 packet	2 packets
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)	2875kJ (687Cal)	691kJ (165Cal)
Protein (g)	40.5g	9.7g
Fat, total (g)	54.3g	13.1g
- saturated (g)	9.2g	2.2g
Carbohydrate (g)	14.7g	3.5g
- sugars (g)	12.6g	3g
Sodium (mg)	634mg	152mg
Dietary Fibre (g)	9.4g	2.3g

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



Pickle the cucumber

- Thinly slice **cucumber** into half-moons.
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid**, then add enough **water** to just cover **cucumber**. Set aside.

3



Cook the beef

- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- 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, add the **honey** and toss **beef** to coat.

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

CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



ADD GRATED PARMESAN CHEESE

Sprinkle over before serving.

2



Get prepped

- Meanwhile, roughly chop **cos lettuce**.
- Slice **avocado** in half, scoop out flesh and thinly slice.
- Thinly slice **apple**.
- Discard any liquid from **beef strips** packaging. In a medium bowl, combine **beef**, **Kiwi spice blend** and a drizzle of **olive oil**.

4



Finish & serve

- Reserve a splash of pickling liquid, then drain cucumber.
- In a large bowl, combine cos lettuce, apple, cucumber, the reserved pickling liquid and a drizzle of olive oil. Season to taste.
- Divide cos salad between plates. Top with avocado and honey-glazed beef.
- Drizzle with **dill & parsley mayonnaise** and garnish with toasted almonds. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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

