



QUICK ITALIAN BEEF PESTO TOSS

with Ciabatta Croutons



Make your own
croutons



Garlic



Beef Strips



Italian Herbs



Bake-At-Home
Ciabatta



Zucchini



Tomato



Pine Nuts



Spinach & Rocket
Mix



Traditional Pesto



Hands-on: **20** mins
Ready in: **25** mins



Low calorie

Part panzanella, part steak dinner, all delicious. This quick beef and rocket crouton toss with pesto and pine nuts will keep you satisfied while tasting fresh and tasty. Nice one!

Pantry Staples: Olive Oil, Vinegar (White Wine Or Balsamic), Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



1 MARINATE THE BEEF

Finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the garlic, **beef strips**, **Italian herbs**, the **salt**, **vinegar** (**1 tbs for 2 people / 2 tbs for 4 people**) and a **drizzle** of **olive oil**. Season with a **pinch** of **pepper** and toss to coat. Set aside to marinate. **TIP:** If you have time, marinate the beef for up to 30 minutes to develop the flavour.



4 COOK THE ZUCCHINI AND BEEF

Return the pan to a medium-high heat and add a **drizzle** of **olive oil**. Add the **zucchini strips** and cook for **2 minutes** on each side, or until tender. Transfer to the bowl with the **vinegar mixture**. Return the pan to a high heat. Add **1/2** the **beef strips** and cook for **1-2 minutes**, or until browned. Transfer to a plate. Repeat with the remaining beef. Set the beef aside to rest for a few minutes.

TIP: Cooking the beef in batches helps it stay tender without stewing.



2 GET PREPPED

While the beef is marinating, tear the **bake-at-home ciabatta** into 1cm chunks. Cut the **zucchini** into 1cm batons. Finely chop the **tomato**. In a medium bowl, combine the **brown sugar** and **remaining vinegar**. Set aside.



5 MAKE THE SALAD

Transfer some of the **resting juices** from the **beef** (**2 tsp for 2 people / 1 tbs for 4 people**) to the medium bowl with the **zucchini**. Season to taste with **salt** and **pepper**. Add the **spinach & rocket mix** and **tomato** to the zucchini mixture and toss to coat. **TIP:** Toss the salad just before serving to keep the leaves crisp.



3 MAKE THE CROUTONS

Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, stirring regularly, for **3-4 minutes**, or until golden. Transfer to a small bowl. Return the pan to a medium-high heat and add a **good drizzle** of **olive oil**. Add the **ciabatta chunks** to the pan and season with a **pinch** of **salt** and **pepper**. Cook, stirring regularly, for **4-5 minutes**, or until golden and slightly crisp. Transfer to a plate lined with a paper towel.



6 SERVE UP

Divide the rocket, spinach and zucchini mixture between plates and top with the Italian beef. Sprinkle over the pine nuts and croutons. Top with dollops of **traditional pesto**. **TIP:** If you like, you can toss it all together and serve as a salad. **TIP:** For the low-calorie option, use only 3/4 of the traditional pesto.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
beef strips	1 packet	1 packet
Italian herbs	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
vinegar* (white wine or balsamic)	1½ tbs	3 tbs
bake-at-home ciabatta	1	2
zucchini	1	2
tomato	1	2
brown sugar*	¼ tsp	½ tsp
pine nuts	1 packet	2 packets
spinach & rocket mix	1 bag (60 g)	1 bag (120 g)
traditional pesto	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2220kJ (530Cal)	529kJ (126Cal)
Protein (g)	41.3g	9.8g
Fat, total (g)	24.1g	5.7g
- saturated (g)	4.5g	1.1g
Carbohydrate (g)	34.6g	8.3g
- sugars (g)	6.2g	1.5g
Sodium (g)	693mg	165mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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