



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: PARMESAN CHEESE

Parmesan is a hard, aged cheese, perfect for bringing savoury, umami flavour to your dishes. It's great to use in pasta, risotto, salads, on pizza, and to enjoy on its own!



## 3. CRUMBED SCALLOPINI WITH RATATOUILLE

 20 Minutes

 2 Servings

Panko & parmesan crumbed beef scallopini served with a simple ratatouille and Abhi's sourdough rolls for dipping!

## FROM YOUR BOX

SPRING ONIONS	2
YELLOW CAPSICUM	1
EGGPLANT (SMALL)	1
COURGETTE	1
MARJORAM	1/2 packet *
CHOPPED TOMATOES (WITH BASIL)	400g
BEEF SCALLOPINI	300g
SHAVED PARMESAN CHEESE	1/2 packet *
PANKO CRUMBS	1 packet (50g)
SOURDOUGH BREAD ROLLS	2-pack
BABY SPINACH & ROCKET MIX	1 bag (60g)

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, honey, balsamic vinegar, 1 egg

## KEY UTENSILS

large frypan x 2

## NOTES

Cook scallopini on high heat, in 1-2 batches, depending on the size of your frypan.

**No beef option - beef scallopini is replaced with chicken schnitzels.** Cook over medium heat for 5-7 minutes on each side or until cooked through.

**No gluten option - panko crumbs are replaced with almond meal.** Cook as per recipe instructions.

**Bread rolls are replaced with GF rolls.**



### 1. SAUTÉ THE VEGETABLES

Heat a frypan with **oil** over medium-high heat. Slice spring onions, dice capsicum, eggplant and courgette (alternatively grate). Add to the pan as you go.



### 2. SIMMER THE RATATOUILLE

Add marjoram leaves, tinned tomatoes, **1/4 tin water, 1/2 tsp honey and 1 tbsp balsamic vinegar**. Simmer for 10 minutes.



### 3. PREPARE THE CRUMB

In the meantime, whisk **1 egg** in a shallow bowl and add beef scallopini to egg wash. Combine roughly 30g parmesan cheese with panko crumbs on a sheet of baking paper or a plate. Season with **salt and pepper**.



### 4. COOK THE SCALLOPINI

Heat a large frypan with **oil/butter** over high heat. Press scallopini into crumbs to coat then place straight into the frypan and cook for 2 minutes on each side or until golden and cooked to your liking (see notes).



### 5. FINISH AND SERVE

Adjust seasoning of the ratatouille with **salt and pepper** to taste.

Serve crumbed scallopini with ratatouille, sourdough rolls and leaves. Sprinkle with extra parmesan cheese.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

