



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: LEMON

Lemons are a good source of vitamin C, magnesium and potassium - minerals and antioxidants that give you better hair, skin and stronger nails!

4. BEEF PICCATA

WITH ROOT VEGGIE HASH

 35 Minutes

 2 Servings

Tender beef scallopini in a lemon and caper sauce with fresh parsley, served with golden root veggie hash and sautéed greens.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
25g	13g	24g

25 May 2020

FROM YOUR BOX

DICED POTATO/PARSNIP MIX	400g
ROSEMARY STALK	1
CAPERS	1 jar
LEMON	1
PARSLEY	1/2 bunch *
GREEN BEANS	1 bag (150g)
ZUCCHINI	1/2 *
BEEF SCALLOPINI	300g

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil + butter (for cooking), salt, pepper, flour (of choice)

KEY UTENSILS

large frypan, frypan with lid.

NOTES

Slice any leftover lemon and keep in the fridge for adding to your drinking water.

There is no need to wipe out the pan after cooking the beef. Any leftover flour will help thicken the sauce.

No beef option - beef scallopini is replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK VEGETABLE HASH

Heat a large frypan over medium-high heat with **oil**. Add diced vegetables. Chop and add rosemary leaves (to yield 1/2 tsp). Cook for 10-15 minutes, tossing occasionally until golden and cooked through. Season with **salt and pepper**.



2. PREPARE THE SAUCE

Meanwhile, drain and lightly crush capers (use to taste). Zest and slice 1/2 lemon into rounds (see notes). Chop parsley. Set aside.



3. COOK THE GREENS

Trim beans and cut zucchini into batons. Add to a frypan over medium-high heat with **1 tbsp water** and **1/2 tbsp butter (or oil)**. Cover and cook for 5 minutes until tender. Toss through 1/2 tsp lemon zest and season with **salt and pepper**. Remove to a plate.



4. COOK THE BEEF SCALLOPINI

Coat beef scallopini with **1/2 tbsp flour, salt and pepper**. Reheat frypan to high heat, add **oil**. Cook beef for 1-2 minutes each side. Remove to plate. Reduce pan heat to medium.



5. SIMMER THE SAUCE

Add **1 tbsp butter, 1/4 cup water**, capers, lemon rounds and 1/2 the parsley to the pan. Simmer for 3-4 minutes until slightly thickened. Season with **salt and pepper**. Return beef to pan and coat in sauce.



6. FINISH AND PLATE

Divide vegetable hash, greens and beef scallopini over plates.