



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: OLIVES

Around 80% of the calories in olives come from healthy fats. Maintaining a good level of healthy fats in your body is important to long-term health.



4. BEEF SCALLOPINI

WITH OLIVE TAPENADE

 30 Minutes

 2 Servings

A golden potato hash with broccolini and tomatoes, served with seared beef scallopini and olive tapenade.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
44g	49g	35g

13 April 2020

FROM YOUR BOX

MEDIUM POTATOES	3
THYME	1/4 packet *
GREEN OLIVES	1 jar
BROCCOLINI	1 bunch
CHERRY TOMATOES	1/2 bag (100g) *
BEEF SCALLOPINI	300g

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, red wine vinegar, dried oregano

KEY UTENSILS

2 frypans

NOTES

If you don't feel like making the olive tapenade you can add the olives whole to the vegetables. Serve the scallopini with any relish or sauce of choice.

No beef option - beef scallopini is replaced with chicken tenderloins. Cook over medium-high heat for 4-5 minutes on each side or until cooked through.



1. COOK THE POTATOES

Heat a large frypan over medium-high heat with **oil**. Dice potatoes and add to pan along with thyme leaves. Cook tossing for 8-10 minutes until golden and tender. Season with **salt and pepper** (see step 3).



2. MAKE THE OLIVE TAPENADE

Meanwhile, drain olives and blend together with **1 tbsp vinegar** and **2 tbsp olive oil** until smooth. Season with **salt and pepper**.



3. SAUTÉ THE VEGETABLES

Trim and slice broccolini into lengths. Halve tomatoes. Add to frypan with potatoes. Cook for 4-5 minutes until tender. Season with **salt and pepper**.



4. COOK THE BEEF SCALLOPINI

Heat a second frypan over high heat. Coat scallopini with **1/2 tsp dried oregano, oil, salt and pepper**. Cook for 1-2 minutes each side. Remove and set aside to rest.



5. FINISH AND PLATE

Divide vegetables and scallopini among plates. Serve with olive tapenade.