



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

 4 Servings

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

#### PER SERVE

| PROTEIN | TOTAL FAT | CARBOHYDRATES |
|---------|-----------|---------------|
| 40g     | 28g       | 23g           |

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## FROM YOUR BOX

|                 |                 |
|-----------------|-----------------|
| MEDIUM POTATOES | 4               |
| THYME           | 1/4 packet *    |
| GREEN OLIVES    | 1 jar           |
| BROCCOLINI      | 1 bunch         |
| CHERRY TOMATOES | 1 bag (200g)    |
| BABY SPINACH    | 1/2 bag (100g)* |
| BEEF SCALLOPINI | 600g            |

\* 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**. Take off heat and stir through spinach.



### 4. COOK THE BEEF SCALLOPINI

Heat a second frypan over high heat. Coat scallopini with **1 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 over plates. Serve with olive tapenade.