



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Beetroot

Our healthy and delicious WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. On top of that they can help reduce blood pressure, improve circulation and are great for the health of our eyes!



3 Beef Scallopini with Maple Glazed Beet Salad

Nutty buckwheat tossed with roast beetroot and carrot with an orange vinaigrette, served alongside pan seared beef scallopini.



30 minutes



2 servings



Beef

17 August 2020

Spice it up!

Spice the scallopini with ground cumin or ground coriander for a boost of flavour. If you have some creamy feta or goats cheese in the fridge, crumble some onto the salad for a salty hit.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	48g	67g

FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
BEETROOTS	2
CARROT	1
ORANGE	1
GARLIC	1 clove
BEEF SCALLOPINI	300g
PARSLEY	1/2 bunch *
BABY SPINACH	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar, maple syrup, soy sauce (or tamari), ground cinnamon

KEY UTENSILS

saucepan, oven tray, frypan

NOTES

Toss the beetroots separate from the carrot to avoid staining.

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 THE BUCKWHEAT

Set oven to 220°C.

Place buckwheat in saucepan and cover with water. Bring to boil for 10–15 minutes. Drain and rinse under cold water. Set aside.



2. ROAST THE VEGETABLES

Wedge beetroots and cut carrot into angular pieces. Toss on a lined oven tray with **1/2 tsp cinnamon, 1 tbsp maple syrup, oil, salt and pepper**. Roast for 20–25 minutes until tender and cooked through.



3. MAKE THE DRESSING

Whisk together 2 tsp orange zest, orange juice, 1 crushed garlic clove, **2 tbsp vinegar, 2 tbsp soy sauce** and **1/4 cup olive oil**. Set aside.



4. COOK THE SCALLOPINI

Heat a frypan over high heat. Coat scallopini with **oil, salt and pepper**. Cook for 1–2 minutes each side or to your liking. Remove to a plate to rest.



5. TOSS THE SALAD

Roughly chop parsley. Toss together with buckwheat, roast vegetables, spinach and 1/2 the dressing.



6. FINISH AND PLATE

Divide buckwheat salad and beef scallopini among plates. Spoon over remaining dressing to taste.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

