



Beef Scallopini

with Parmesan Mash

Quick beef minute steaks served with potato and parmesan mash and a dressed side salad.







FROM YOUR BOX

MEDIUM POTATOES	3
SHALLOT	1
ТНҮМЕ	1/3 packet *
TOMATOES	2
LEBANESE CUCUMBER	1
GREEN OLIVES	1 jar
BEEF SCALLOPINI	300g
GARLIC CLOVE	1
SHAVED PARMESAN CHEESE	1/2 packet (75g) *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, red or white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Boil the kettle and cover potatoes with hot water to make the process quicker!

We used white pepper to season the mash. Add a little water or milk if you prefer a creamier consistency!

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



1. BOIL THE POTATOES

Roughly chop potatoes and place in a saucepan. Cover with water (see notes) and bring to the boil. Simmer for 10-15 minutes, or until softened. Drain and return to saucepan (see step 5).



2. MAKE THE DRESSING

Peel and thinly slice shallot, chop or pick thyme leaves. Combine in a small bowl with 2 tbsp olive oil, 1 tbsp vinegar, salt and pepper. Set aside.



3. PREPARE THE SALAD

Slice tomatoes and cucumber. Toss in a bowl with olives and set aside.



4. COOK THE SCALLOPINI

Heat a large frypan over high heat. Rub scallopini with **oil** and crushed garlic, season with **salt and pepper**. Cook for 1 minute on each side, or until browned and cooked to your liking.



5. MASH THE POTATOES

Mash potatoes with **20g butter** to desired consistency. Stir in cheese and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Toss salad with dressing.

Serve scallopini with parmesan mash and dressed salad.

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