



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: White Cabbage


A head of white cabbage can weigh up to four kilos, with roots that can go as deep as 2 metres. That's a whole lot of cabbage!



## 3 Beef Scallopini with Smashed Potatoes and Coleslaw

Tender beef, crunchy potatoes, fresh coleslaw and satisfying sauce... What more could you ask for?

 30 minutes

 2 servings

 Beef

3 August 2020

## Skip the gravy

*Skip making the gravy if you're in a hurry. Dice onion and add to coleslaw instead or save for another dish. Serve with your favourite sauce or chutney if you wish.*

## FROM YOUR BOX

BABY POTATOES	400g
PURPLE CARROT	1
SNOW PEAS	1/2 packet (75g) *
SHREDDED WHITE CABBAGE	1 bag (200g)
BEEF SCALLOPINI	300g
THYME	1/2 packet *
RED ONION	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive + oil/butter (for cooking), salt, pepper, red wine vinegar, dried oregano, flour (of choice)

## KEY UTENSILS

saucepan, frypan, oven tray

## NOTES

Customise your coleslaw! For example, add 1 crushed garlic clove for a punch of flavour, mix in 1 diced/grated apple for sweetness, or replace the olive oil and vinegar with mayo or aioli.

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



### 1. COOK THE POTATOES

Set oven to 220°C.

Place potatoes into a saucepan and cover with water. Bring to a boil and simmer for 12-15 minutes or until just tender. Drain (go to step 4).



### 2. MAKE THE COLESLAW

Julienne (or grate) carrot and slice snow peas. Mix in a bowl with cabbage, **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper** (see notes).



### 3. COOK THE SCALLOPINI

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



### 4. FINISH THE POTATOES

Place drained potatoes on a lined oven tray. Flatten using the base of a mug or a masher. Toss with thyme leaves from 1/4 packet, **oil, salt and pepper**. Roast for 10 minutes or until golden and crispy.



### 5. MAKE THE SAUCE

Reheat frypan with **1 tbsp oil/butter** over medium heat. Slice and add onion, thyme from 1/4 packet and **1/2 tsp oregano**. Cook for 3 minutes. Whisk in **1/2 tbsp flour**, cook for 1 minute. Pour in **3/4 cup water**, simmer to thicken, and return steaks along with any resting juices.



### 6. FINISH AND PLATE

Season sauce with **salt and pepper**.

Divide potatoes, coleslaw and steaks among plates. Pour over sauce 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**

