



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Sweet potato


The skin on sweet potatoes is perfectly edible! In fact, it's high in fibre, so it helps keep you feeling fuller for longer.



## 3 Beef Scallopini with Sweet Potato Mash

Satisfying orange sweet potato mash meets tender beef scallopini and homemade caper-sauce.

 30 minutes

 2 servings

 Beef

29 June 2020

## *Kid-friendly mash*

*Peel the potato before boiling if you want a smoother mash. And to bulk up the mash, add a few regular potatoes to the mix!*

## FROM YOUR BOX

SWEET POTATO	400g
BEEF SCALLOPINI	300g
SHALLOT	1
GARLIC CLOVE	1
CAPERS	1/2 jar (50g) *
CARROT	1
ZUCCHINI	1/2 *
BROCCOLINI	1 bunch
CHIVES	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, dried tarragon, flour (of choice)

## KEY UTENSILS

large frypan, 2 saucepans

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

Add a pinch of ground cinnamon or nutmeg to the mash for extra flavour.

**No beef option - beef scallopini are replaced with chicken schnitzels.** Increase cooking time to 3-4 minutes on each side or until cooked through.



### 1. COOK THE SWEET POTATO

Chop potato and place into a saucepan. Cover with water and bring to the boil, simmer for 10 minutes or until tender. Drain and return to saucepan.



### 2. COOK THE SCALLOPINI

Mix together **1 tbsp flour, salt and pepper**. Heat frypan with **oil/butter** over high heat. Toss scallopini with flour and cook for 1 minute each side or until browned and cooked to your liking. Remove to a plate, and keep pan over medium heat.



### 3. MAKE THE SAUCE

Slice shallot and crush garlic, adding to pan as you go with **2 tsp oil/butter**. Cook for 4 minutes until golden and tender. Add drained capers, **1 tsp tarragon and 3/4 cup water**. Bring to a simmer, cover, reduce heat and cook for 5 minutes.



### 4. BLANCH THE VEGETABLES

Heat a saucepan with **1/3 cup water**. Cut the carrot and zucchini into sticks, trim the broccolini, adding to pan as you go. Cover and cook for 3-4 minutes. Drain and toss with **1/2 tbsp olive oil/butter**.



### 5. FINISH MASH AND SAUCE

Mash the sweet potato with **1 tbsp olive oil/butter, salt and pepper** (see notes). Chop chives and stir through.

Return scallopini to sauce and heat through. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Serve scallopini with mash and vegetables. Spoon over sauce.

**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](mailto:hello@dinnertwist.com.au)

