



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

 4 servings

 Beef

29 June 2020

Kid-friendly mash

Peel the potato before boiling for a smoother mash. To bulk up the mash, add a few regular potatoes or carrots to the mix before boiling!

FROM YOUR BOX

SWEET POTATO	800g
BEEF SCALLOPINI	600g
RED ONION	1
GARLIC CLOVES	2
CAPERS	1/2 jar (50g) *
CARROTS	2
SUGAR SNAP PEAS	1 bag (150g)
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 potatoes 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 **2 tbsp flour, salt and pepper**. Heat frypan with **oil/butter** over high heat. Toss scallopini with flour and cook for 1 minute on 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 onion and crush garlic, add to pan as you go with **1 tbsp oil/butter**. Cook for 4 minutes until golden and tender. Add drained capers, **2 tsp tarragon and 1 1/2 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 carrots into sticks, trim the sugar snap peas and broccolini, adding to pan as you go. Cover and cook for 3-4 minutes. Drain and toss with **1 tbsp olive oil/butter**.



5. FINISH MASH AND SAUCE

Mash the sweet potato with **2 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

