



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Chipolatas

This week's chipolatas are provided by Dirty Clean Food, using grass-fed beef and are free from MSG and other nasties!



C4 Beef Chipolata Share Platter

The perfect platter to prepare on the BBQ! Char-grilled corn and vegetables with grass-fed beef chipolatas and a roast capsicum sauce for dipping. All arranged on a platter to be enjoyed by all!

 30 minutes

 4 servings

 Beef

9 December 2022

Make hotdogs!

You can serve the chipolatas and grilled vegetables in hotdog buns! Use the carrot to make veggie sticks and serve with corn on the side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	29g	36g

FROM YOUR BOX

CORN COBS	2
RED CAPSICUM	1
ZUCCHINI	1
BEEF CHIPOLATAS	600g
ROAST PEPPER STRIPS	1 jar
DUTCH CARROTS	1 bunch
SNOW PEA SPROUTS	1 punnet

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, balsamic vinegar, dried oregano

KEY UTENSILS

BBQ or griddle pan, stick mixer or small blender

NOTES

You can roast the vegetables and chipolatas in the oven if preferred.



1. COOK THE VEGETABLES

Heat a BBQ or griddle pan over medium-high heat (see notes). Cut corn into cobs, slice capsicum and zucchini. Toss with **oil**, **1 tsp oregano**, **salt and pepper**. Add to BBQ.



2. COOK THE CHIPOLATAS

Coat chipolatas with **oil**. Add to BBQ along with vegetables and cook for 15-20 minutes, turning, until cooked through (remove any vegetables as they are done).



3. MAKE THE SAUCE

Drain pepper strips. Blend together with **1 tbsp vinegar** and **1 tbsp olive oil** until smooth. Season to taste with **salt and pepper**. Set aside.



4. PREPARE COMPONENTS

Trim and scrub carrots (halve any larger ones lengthways). Set aside with sprouts.



5. FINISH AND SERVE

Arrange components on a large serving platter with the sauce. Bring to the table to serve.

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

