



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Purple Carrots

You may think that purple carrots are a newer invention — but in fact, almost all cultivated carrots were purple before the 16th–17th century.



## 3 Beef Piccata with Chive Potatoes

Beef piccata is an Italian dish where thin pieces of meat — we used beef — are tossed with flour, browned, and served with a tangy capers, lemon and butter sauce. Served with fresh side salad and potatoes.

 30 minutes

 2 servings

 Beef

23 July 2021

### *Capers-free option*

*If you (or other family members) don't like capers, make the gravy without them. Instead, serve them on the side — check out this week's 'Beyond the Kitchen' for instructions on how to make them crispy!*

## FROM YOUR BOX

POTATOES	400g
CHIVES	1/3 bunch *
PURPLE CARROT	1
LEBANESE CUCUMBER	1
TOMATO	1
FETA CHEESE	1/2 block *
BEEF SCALLOPINI	300g
CAPERS	1 jar
OREGANO	1/2 packet *
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, flour (plain or other), 1/2 stock cube (of choice), red wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

If preferred, you can chop potatoes and carrot, toss with oil, salt and pepper, and roast in the oven at 220°C for 20–25 mins or until tender.

We suggest using only half the capers here, and saving the remaining for this week's tortellini dish!

**No beef option** – beef scallopini are replaced with **chicken schnitzels**. Reduce heat to medium-high and cook for 4–5 minutes on each side or until cooked through.



### 1. COOK THE POTATOES

Roughly chop potatoes and place in a saucepan (see notes), cover with water. Bring to the boil and simmer for 10–15 minutes, or until tender. Drain and return to saucepan. Toss with chopped chives, **1 tbsp oil/butter, salt and pepper**.



### 2. MAKE THE SALAD

Using a peeler, cut carrot into long ribbons. Slice cucumber and tomato. Layer onto a serving dish and crumble over feta (to taste). Drizzle with **olive oil and vinegar** (optional).



### 3. COOK THE SCALLOPINI

Heat a large frypan with **oil/butter** over high heat. Toss the scallopini with **1 tbsp flour, salt and pepper**. Cook in batches for 1 minute each side or until cooked to your liking. Remove to a plate, keep pan.



### 4. MAKE THE SAUCE

Reheat pan with **1/2 tbsp butter/oil**. Drain and rinse capers (see notes). Add to pan and cook for 2–3 minutes. Stir in **1/2 cup water, 1/2 stock cube**, chopped oregano and juice from 1/2 lemon.



### 5. RETURN THE SCALLOPINI

Return scallopini and any resting juices to the frypan. Simmer for 2–3 minutes until the sauce thickens. Season to taste with **salt and pepper**.



### 6. FINISH AND PLATE

Serve scallopini and sauce on plates with potatoes and salad.

**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**

