**Product Spotlight:
Beetroot**

Beets contain tryptophan (also found in chocolate), which contributes to a sense of well being.

3 Mini Beef Parmiganas

with Sweet Potato Wedges

A simplified Italian classic. Tender beef scallopini topped with tomato sugo and parmesan cheese, baked to melty perfection!

🕐 35 minutes   🍴 2 servings   🥩 Beef

24 September 2021

Short on time?

Make this dish quicker by skipping the oven! Pour tomato sugo over scallopini straight into frypan, sprinkle with cheese and serve with mashed sweet potato & salad.

FROM YOUR BOX

SWEET POTATOES	400g
BEETROOT	1
BEEF SCALLOPINI	300g
TOMATO SUGO	1 jar (350g)
PARMESAN CHEESE	85g *
BABY COS LETTUCE	1
CHERRY TOMATOES	1/2 bag (100g) *
SNOW PEA SPROUTS	1/3 punnet *

Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, vinegar of choice (we used balsamic), dried oregano, flour (plain or other)

KEY UTENSILS

large frypan, oven trays x 2

NOTES

Make sure your frypan is very hot prior to adding scallopini to cook. This is to ensure they brown and do not stew in the pan.

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. ROAST THE VEGETABLES

Set oven to 220ºC.

Cut sweet potatoes and beetroot into wedges. Toss on a lined oven tray with **oil, 1/2 tsp oregano, salt and pepper.** Cook for 15-20 minutes until golden and tender.

2. COOK THE SCALLOPINI

Heat a frypan over high heat with **oil**. Dust scallopini with **flour, salt and pepper.** Cook in batches for 1-2 minutes each side (see notes). Arrange on a lined oven tray as you go.

3. MAKE THE PARMIGIANA

Top each scallopini with tomato sugo and cheese. Place into the oven for 5 minutes for cheese to melt.

4. MAKE THE SALAD

Wash and chop lettuce, halve tomatoes and snow pea sprouts. Toss together with **2 tsp olive oil, 1 tsp vinegar, salt and pepper.**

5. FINISH AND SERVE

Serve beef parmigiana with roasted vegetables 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**