



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Parmesan cheese

Usually, we're all about fresh ingredients... but parmesan cheese is an exception! Good parmesan cheese is between 1 and 3 years old. That's when it packs the most nutty, salty flavour, perfect for this Italian-style meal!



## 3 Beef Parmigiana with Pasta Aglio e Olio

Pasta Aglio e Olio may sound strange, but don't worry; it's a mouthwatering traditional Italian dish featuring garlic, olive oil and Parmesan cheese! This one's served with tender beef parmigiana.

 35 minutes

 2 servings

 Beef

14 September 2020

*Italian restaurant  
(at home!)*

*Have the kids set the table tonight.  
Find an Italian-style tablecloth, light  
some candles, and put some Italian  
music on the stereo. Buon appetito!*

## FROM YOUR BOX

SHORT PASTA	250g
BEEF SCALLOPINI	300g
TOMATO SUGO	350g
GRATED PARMESAN CHEESE	1/2 packet *
SPRING ONIONS	1/4 bunch *
GARLIC CLOVE	1
COURGETTES	2
LEMON	1
PARSLEY	1/2 bunch *
SUGAR SNAP PEAS	1/2 bag (75g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive + oil (for cooking), salt and pepper, dried oregano

## KEY UTENSILS

frypan, saucepan, oven tray

## NOTES

For extra flavour, feel free to add 1-2 more garlic cloves. (Warning; garlic breath guaranteed!)

For a tomato-like finish, you can add remaining tomato sugo to the pasta in step 5. Otherwise, freeze it for another time!

**No beef option** – beef scallopini are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.

**No gluten option** – pasta is replaced with GF pasta.



### 1. COOK THE PASTA

Set oven to 220°C grill and line an oven tray. Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain, reserving **3/4 cup water**.



### 4. SAUTÉ THE VEGETABLES

Slice spring onions, crush garlic (see notes) and grate courgettes. Add to frypan with **1 tbsp olive oil**. Cook for 2-3 minutes. Zest 1/2 lemon and roughly chop 1/4 cup parsley, add to pan with **reserved pasta water** and cook for 5 minutes.



### 2. COOK THE SCALLOPINI

Heat a large frypan over high heat. Rub scallopini with **oil, 1/2 tsp oregano, salt and pepper**. Cook (in batches) for 1 minute each side.

Arrange on the lined oven tray. Keep frypan over medium heat.



### 5. TOSS THE PASTA

Trim and slice the sugar snap peas, add to frypan along with pasta and parmesan to taste (see notes). Add juice from half the lemon and season with **salt and pepper**.



### 3. GRILL THE PARMIGIANA

Top each scallopini with 1 tbsp tomato sugo and sprinkle with parmesan.

Place under the grill in the oven for 3-5 minutes or until cheese has melted.



### 6. FINISH AND PLATE

Wedge remaining lemon and chop remaining parsley.

Serve parmigiana with pasta, a sprinkle of parsley and a lemon wedge.

**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**

