



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

 4 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	800g
CHIVES	1/3 bunch *
PURPLE CARROTS	2
LEBANESE CUCUMBER	1
TOMATOES	2
FETA CHEESE	1/2 block *
BEEF SCALLOPINI	600g
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 carrots, toss with oil, salt and pepper, and roast in the oven at 220°C for 20–25 mins or until tender.

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, **2 tbsp oil/butter, salt and pepper**.



2. MAKE THE SALAD

Using a peeler, cut carrots into long ribbons. Slice cucumber and tomatoes. Layer onto a serving dish and crumble over feta. 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 **2 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 tbsp butter/oil**. Drain and rinse capers. Add to pan and cook for 2–3 minutes. Stir in **1 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

