



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Beef Scallopini

Beef scallopini — also known as minute steaks — are thin cuts of beef. As the name implies, they only need to cook for about one minute per side on a very hot pan! Now *that's* a time saver!



3 Minute Steaks with Cheesy Potatoes

Pan-fried minute beef steaks (aka scallopini) served alongside cheesy baked potatoes and a fresh side salad. Simple and delicious!

 30 minutes

 4 servings

 Beef

23 November 2020

Small choppers

There are several things to cut and chop in this recipe; potatoes, tomatoes, onion, carrot, lettuce and capsicum. If you have the time, why not invite the kids to help out? You can talk about the different textures and colours as you go!

FROM YOUR BOX

BABY POTATOES	800g
CHERRY TOMATOES	1 bag (200g)
RED ONION	1/2 *
BABY COS LETTUCE	1
GREEN CAPSICUM	1
CARROT	1
CARAMELISED BALSAMIC DRESSING	2 sachets
OREGANO	1/2 packet *
GRATED CHEDDAR CHEESE	1/2 packet (100g) *
BEEF SCALLOPINI	600g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

oven tray, large frypan,

NOTES

If preferred, keep the cherry tomatoes fresh on the side or add them to the salad.

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. COOK THE POTATOES

Set oven to 220°C.

Dice potatoes, halve cherry tomatoes (see notes) and slice onion. Toss together on a lined oven tray with **1 tsp paprika, oil, salt and pepper**. Cook for 15-20 minutes until just tender.

See step 3.



4. COOK THE STEAKS

Heat a large frypan over high heat. Rub minute steaks (scallopini) with **oil, salt and pepper**. Cook in batches for 1 minute on each side, or until browned and cooked to your liking. Take off heat, add all steaks back into pan, and pour in remaining sachet of balsamic dressing.



2. MAKE THE SALAD

Roughly chop lettuce, slice capsicum and carrot. Toss together in a bowl with 1 sachet of dressing.



5. FINISH AND PLATE

Serve steaks with cheesy potatoes and salad.



3. FINISH THE POTATOES

Chop the oregano. Scatter over the top of the potato tray along with cheese and return to the oven for 5 minutes.

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**

