



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Rosemary

Rosemary bushes are abundant in Western Australia. They typically grow 1 metre tall but can reach 2 metres. Sometimes they flower and display beautiful blue, purple or white flowers.



3 Seared Beef with Smashed Potatoes

A hearty yet simple dinner with tender beef scallopini, crispy twice-cooked potatoes and vibrant veggies.

 35 minutes

 4 servings

 Beef

15 February 2021

Make a sauce

If you prefer, make a simple yoghurt sauce by blending the yoghurt with drained capsicum strips, salt and pepper.

FROM YOUR BOX

| | |
|-----------------|-----------------|
| BABY POTATOES | 800g |
| ROSEMARY STALKS | 2 |
| BEEF SCALLOPINI | 600g |
| CARROTS | 2 |
| BROCCOLI | 1 |
| CAPSICUM STRIPS | 1 packet (100g) |
| NATURAL YOGHURT | 1/3 tub * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried oregano, garlic (1 clove), red wine vinegar

KEY UTENSILS

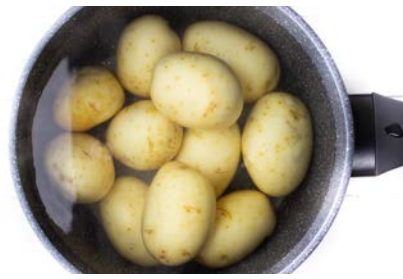
oven tray, frypan, saucepan

NOTES

If using salted butter, you may not need to add salt in step 2. If the butter is too hard to mix, grate it first.

In a hurry? Skip step 4 and serve boiled potatoes as-is or tossed with a little oil, oregano, salt and pepper.

No beef option - beef scallopini are replaced with chicken schnitzels. Cook over medium-high heat for 4-5 minutes on each side or until cooked through.



1. BOIL THE POTATOES

Set oven to 220°C.

Place potatoes in a saucepan and cover with water. Bring to the boil and simmer for 10-15 minutes or until fork tender. Drain and place on a lined oven tray (see step 4).



2. MAKE HERBED BUTTER

Chop rosemary and crush **garlic**. Mix together with **3 tbsp butter/oil, salt and pepper** (see notes).



3. COOK THE SCALLOPINI

Heat a large frypan over high heat. Rub scallopini with **oil**. Cook for 1 minute on each side or until browned and cooked to your liking. Remove pan from heat and add herbed butter. Leave to rest.



4. FINISH THE POTATOES

Place drained potatoes on a lined oven tray (see notes). Flatten using the base of a mug or a masher. Sprinkle with **1/2 tsp dried oregano, oil, salt and pepper**. Roast for 10 minutes or until golden and crispy.



5. COOK THE VEGETABLES

Reheat saucepan with water. Slice carrots and cut broccoli into small florets. Cook for 3-4 minutes until just tender. Drain and toss with drained capsicum strips, **1 tbsp olive oil and 1/2 tbsp vinegar**. Season with **salt and pepper**.



6. FINISH AND PLATE

Serve scallopini with resting juices and butter, accompanied by vegetables and potatoes. Add a dollop of yoghurt to the potatoes to serve.

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**

