H

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pine Nuts

Pine nuts are seeds from pine trees. You'll find them between the scales of pine cones. While all pine trees yield pine nuts, only about 20 species have pine nuts large enough to be worth eating.

Beef Chipolatas

with Pumpkin and Feta Salad

Golden roasted pumpkin tossed with creamy feta, baby spinach, basil and crunchy pine nuts, served alongside juicy beef chipolatas.

35 minutes | 4/6 servings | Beef

Stretch the dish!

Toss any leftover salad through cooked short pasta to stretch it into extra serves. Serve the chipolatas on the side or slice and stir them through, with a spoonful of pesto if you have some!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	38g/43g	40g/49g	25g/35g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	2
SHALLOT	1	1
RED CAPSICUM	1	2
BASIL	60g	60g
FETA CHEESE	1 packet	2 packets
BABY SPINACH	60g	2 x 60g
PINE NUTS	20g	2 x 20g
BEEF CHIPOLATAS	600g	600g + 300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, ground coriander (see notes)

KEY UTENSILS

frypan, oven tray

NOTES

You can use ground cumin, cumin seeds or ground paprika if you don't have ground coriander. Fresh chopped rosemary or dried oregano also works well!

You can cook the chipolatas on the BBQ if preferred.

Scan the QR code to submit a Google review!



1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice **pumpkin** (2-3cm) and toss on a lined oven tray with **1 tbsp ground coriander**, **oil**, **salt and pepper**. Roast in oven for 20-25 minutes until golden and cooked through.

6P - use 1 1/2 tbsp ground coriander.



2. PREPARE THE DRESSING

In a large salad bowl, whisk together **1 tbsp balsamic vinegar**, **2 tbsp olive oil**, **salt and pepper**.

6P - use 2 tbsp balsamic vinegar and 3 tbsp olive oil.



3. PREPARE THE SALAD

Slice **shallot** and **capsicum**. Pick and roughly tear **basil leaves**. Crumble **feta cheese**. Add all to bowl with **dressing** along with **spinach**.



4. TOAST THE PINE NUTS

Add **pine nuts** to a dry frypan over medium-high heat. Toast for 3-5 minutes until golden. Set aside.



5. COOK THE CHIPOLATAS

Reheat frypan over medium-high heat with **oil** (see notes). Add **chipolatas** and cook for 8-10 minutes turning until cooked through.



6. FINISH AND SERVE

Allow **pumpkin** to cool slightly before tossing with **salad**. Garnish **salad** with **pine nuts** and serve alongside **beef chipolatas.**

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.
Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**