



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT:  
CARROTS

Carrots are rich in beta carotene — a nutrient your body transforms into vitamin A. In other words? Snacking on this crunchy root vegetable is a great way to improve your eye health and boost your immune system!



# 3. MINUTE STEAKS

WITH MUSHROOM SAUCE

 25 Minutes

 4 Servings

A truly treat-yourself kind of dinner... and it's ready in no time! Beef scallopi, mushroom sauce and roasted veggies — yum!

## FROM YOUR BOX

|                  |                  |
|------------------|------------------|
| CARROTS          | 2                |
| BABY POTATOES    | 800g             |
| BEEF SCALLOPINI  | 600g             |
| SPRING ONIONS    | 1/4 bunch *      |
| SLICED MUSHROOMS | 200g             |
| SUGAR SNAP PEAS  | 1/2 bag (125g) * |

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, dried oregano, stock cube of choice (we used beef), flour of choice

## KEY UTENSILS

oven tray, large frypan

## NOTES

Replace some or all of the water with milk for a more 'rich' sauce.

**No beef option - beef scallopini are replaced with chicken schnitzels.** Reduce heat to medium-high, and increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop carrots and potatoes. Toss with **oil, salt and pepper** on a lined oven tray. Roast for 20-25 minutes or until tender and golden.



### 4. MAKE THE SAUCE

Sprinkle mushrooms with **1 tbsp flour** and cook for 1 minute. Gradually stir in **1 cup water** (see notes). Simmer for 2-3 minutes, then turn off heat and return scallopini along with any resting juices. Season to taste with **salt and pepper**.



### 2. COOK THE SCALLOPINI

Heat a large frypan over high heat. Rub beef scallopini with **oil, 1 tsp oregano, salt and pepper**. Cook (in batches) for 1 minute on each side, or until browned and cooked to your liking. Remove from heat and keep pan over medium heat.



### 5. SLICE THE SUGAR SNAPS

Trim and halve sugar snaps. Add to the tray of roasted vegetables and toss to combine (alternatively serve on the side).



### 3. COOK THE MUSHROOMS

Add **2 tbsp oil/butter** to heated pan. Slice spring onions and add to pan with mushrooms, **1 crumbled stock cube and 1 tsp oregano**. Cook for 3-4 minutes until softened.



### 6. FINISH AND PLATE

Serve scallopini with vegetables and spoon over sauce.