



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Green Peppercorns


Green peppercorns are the unripe berries of a tropical vine, Piper Nigrum. The same berries are processed to make black pepper.



4 Peppercorn Beef with Cauliflower Mash

Beef scallopini with a creamy peppercorn sauce with a light cauliflower mash and crunchy gem lettuce salad.

 30 minutes

 2 servings

 Beef

6 July 2020

Mix it up!

This cauliflower mash is also great with sliced chives or spring onions through it. You could also add a little butter or cheese for extra indulgence!

Per serve: **PROTEIN** 39g **TOTAL FAT** 19g **CARBOHYDRATES** 16g

FROM YOUR BOX

| | |
|---------------------------|--------------|
| CAULIFLOWER | 1/2 |
| CONTINENTAL CUCUMBER | 1/2 * |
| GEM LETTUCE | 2 |
| ALFALFA + CRUNCHY SPROUTS | 2/3 punnet * |
| STOCK PASTE | 1/2 jar * |
| BEEF SCALLOPINI | 300g |
| PEPPERCORNS | 1/2 jar * |
| NATURAL YOGHURT | 1/4 cup * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, balsamic vinegar, flour (of choice), dijon mustard

KEY UTENSILS

large frypan, saucepan, stick mixer or food processor

NOTES

Pat the scallopini dry to remove any excess moisture before seasoning. This will help the beef to brown in the pan.

There is no need to clean out the pan before making the sauce, anything left behind adds extra flavour!

The peppercorns can be hot. Add them to taste.

No beef option – beef scallopini is replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE CAULIFLOWER

Bring a large saucepan of water to boil. Cut cauliflower into small florets and add to simmering water. Cook for 8-10 minutes until tender. Drain and return to pan. Use a stick mixer to pureé the cauliflower. Season with **salt and pepper** to taste.



2. PREPARE THE SALAD

Slice cucumber and separate lettuce leaves. Toss together with sprouts.

Whisk together **1/2 tsp balsamic vinegar** with **1 tsp olive oil**. Set aside.



3. PREPARE THE SAUCE

Whisk together stock paste, **1/2 tsp mustard**, **1 1/2 tsp flour**, **1 1/2 cups water** until smooth set aside (for sauce).



4. COOK THE SCALLOPINI

Heat a frypan over high heat. Coat beef with **oil, salt and pepper** (see notes). Cook for 1-2 minutes on each side or to your liking. Remove to a plate and reduce pan heat to medium-high.



5. SIMMER THE SAUCE

Pour prepared sauce into pan and simmer for 5 minutes until thickened. Drain, rinse and add peppercorns (see notes). Take off heat. Stir resting juices from beef and yoghurt through sauce. Season to taste with **salt**.



6. FINISH AND PLATE

Divide cauliflower mash and scallopini among plates. Spoon over peppercorn sauce. Toss dressing with salad and serve on the side.

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**

