



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



#### PRODUCT SPOTLIGHT: BABY SPINACH

Baby spinach is regular spinach that has been harvested earlier. It is low in calories and fat-free, yet loaded with nutrients including vitamin A, K and folate!



## 3. STEAK SANDWICH

Mediterranean style steak sandwich with beef steaks, roast veggies, caramelised onions and fresh spinach.

 20 Minutes

 4 Servings

## FROM YOUR BOX

ZUCCHINI	1/2 *
RED CAPSICUM	1
TOMATOES	2
RED ONION	1
SUN-DRIED TOMATOES	1 tub (250g)
BEEF SCALLOPINI	600g
TURKISH ROLLS	4-pack
MARINATED EGGPLANT	1 tub
BABY SPINACH	1 bag (60g)

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper

## KEY UTENSILS

oven tray, large frypan

## NOTES

Make sure your frypan is very hot prior to adding scallopini to cook. This is to ensure they brown and do not stew in the pan.

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

**No gluten option - bread rolls are replaced with a GF bread loaf.** Slice and toast to create a sandwich.



### 1. ROAST THE VEGGIES

Set oven to 250°C.

Slice zucchini, capsicum and tomatoes. Toss with **oil, salt and pepper** on a lined oven tray. Roast for 15 minutes or until cooked to your liking.



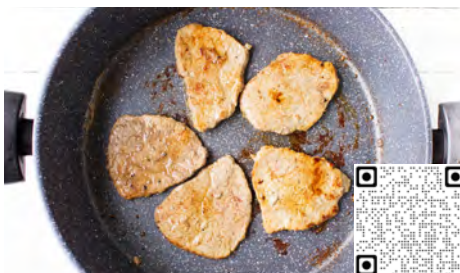
### 2. CARMELISE THE ONIONS

Heat a large frypan with **oil/butter** over medium-high heat. Slice and add onion, cook for 8 minutes. Season with **salt and pepper**.



### 3. ADD THE PESTO

Drain and roughly chop sun-dried tomatoes. Add to pan and cook for further 2 minutes. Transfer to a serving bowl. Wipe frypan and reuse to cook the steaks (step 4).



### 4. COOK THE SCALLOPINI

Heat the frypan over high heat (see notes). Rub scallopini with **oil, salt and pepper**. Add to pan, in batches, and cook for 1 minute on each side or until cooked to your liking.

\*\*Check out the QR code for cooking instructions!



### 5. WARM THE BREAD

Slice the rolls open and warm in the oven for 2 minutes (optional).



### 6. FINISH AND PLATE

Allow everyone to assemble their own sandwich with roast vegetables, marinated eggplant, caramelised onions, spinach and beef steak.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Monday-Friday between 8.30am-4.30pm on 1300 135 660 or send us a text anytime on 0481 072 599.

