



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

 2 Servings

## FROM YOUR BOX

ZUCCHINI	1/2 *
RED CAPSICUM	1/2 *
TOMATO	1
RED ONION	1/2 *
BEEF SCALLOPINI	300g
TURKISH ROLLS	2-pack
AIOLI MAYONNAISE	1 tub (50g)
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 tomato. Toss with **oil, salt and pepper** on a lined oven tray. Roast for 15 minutes or until cooked to your liking.



### 4. WARM THE BREAD

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



### 2. CARMELISE THE ONIONS

Heat a large frypan with **oil/butter** over medium-high heat. Slice and add onion, cook for 8-10 minutes. Season with **salt and pepper**. Transfer to a serving bowl. Wipe frypan and reuse to cook the steaks (step 3).



### 3. COOK THE SCALLOPINI

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



### 5. FINISH AND PLATE

Allow everyone to assemble their own sandwich with aioli, 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.

