



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Beetroot


Beets contain tryptophan (also found in chocolate), which contributes to a sense of well being.



## 4 Beef Scallopini with Rainbow Puy Lentil Salad

Beef scallopini served with a fresh salad of puy lentils and rainbow vegetables. Topped with feta cheese and almonds.

 30 minutes

 2 servings

 Beef

22 October 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	58g	37g	30g



## FROM YOUR BOX

PUY LENTILS	1 packet (100g)
CHIVES	1/2 bunch *
ALMONDS	1 packet (40g)
BEEF SCALLOPINI	300g
SNOW PEA SPROUTS	1/2 punnet *
MINT	1/2 bunch *
TINNED BEETROOTS	225g
BABY SPINACH	1/2 bag (60g) *
FETA CHEESE	1/2 packet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cumin seeds, white wine vinegar

## KEY UTENSILS

frypan, saucepan

## NOTES

If you don't have cumin seeds you can use ground cumin or ground coriander.

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



### 1. COOK THE LENTILS

Place lentils in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender but still firm. Drain and rinse.



### 2. MAKE THE DRESSING

Chop chives. Add to a large bowl along with **2 tbsp olive oil**, **1 1/2 tbsp vinegar**, **salt and pepper**. Stir to combine.



### 3. TOAST THE ALMONDS

Heat a large frypan over medium-high heat. Roughly chop almonds. Add to pan and cook, stirring, for 5 minutes, or until toasted. Remove from pan and increase heat to high (see step 4).



### 4. COOK THE SCALLOPINI

Coat scallopini in **oil**, **1 tsp cumin seeds**, **salt and pepper**. Add to pan and cook for 1 minute each side (in batches) or until cooked to your liking. Remove from pan.



### 5. TOSS THE LENTILS

Roughly chop snow pea sprouts and mint leaves. Drain and cut beetroot. Add to bowl with dressing, along with lentils and baby spinach. Toss until well coated.



### 6. FINISH AND SERVE

Divide lentil salad among plates, crumble over feta cheese, sprinkle over almonds and serve with scallopini.

**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](mailto:hello@dinnertwist.com.au)

