



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Coastal Crunch


Coastal Crunch, who provide our Lemon Lupin Flakes, believe that tasty food, made from wholesome locally grown ingredients, is good for the planet. And we agree!




COASTAL
CRUNCH

4 Lemon Lupin-Crusted Scallopini

Beef scallopini crusted in lemon and pepper lupin flakes served with a fresh beetroot and feta salad.

 30 minutes

 2 servings

 Beef

10 December 2021

Whipped feta!

If you want to do something different with your feta you can whip it. Use a stick mixer to whip the feta with some lemon zest and juice to a smooth consistency.

Per serve: **PROTEIN** 63g **TOTAL FAT** 21g **CARBOHYDRATES** 17g

FROM YOUR BOX

BETROOTS	2
LEMON LUPIN FLAKES	1 packet (20g)
BEEF SCALLOPINI	300g
SNOW PEAS	1 bag (150g)
MINT	1 bunch
ROCKET	1 bag (120g)
FETA CHEESE	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar

KEY UTENSILS

frypan, oven tray

NOTES

If you don't want to roast the beetroot you could julienne or grate it to serve fresh in the salad.

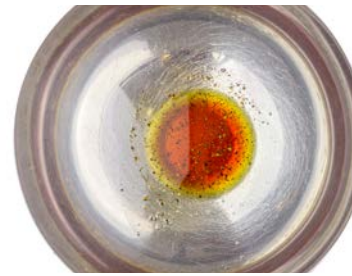
No beef option - beef scallopini are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. ROAST THE BEETROOTS

Set oven to 220°C.

Wedge beetroots and toss on a lined oven tray with **oil, salt and pepper** (see notes). Roast for 10-15 minutes or until tender.



2. MAKE THE DRESSING

In a large bowl whisk together **1 1/2 tbsp balsamic, 2 tbsp olive oil, salt and pepper**.



3. CRUST THE SCALLOPINI

Spread lemon lupin flakes on a plate. Coat scallopini in **oil** then press into flakes until well crusted.



4. COOK THE SCALLOPINI

Heat a frypan over medium-high heat with **oil**. Add scallopini in batches and cook for 1-2 minutes on each side or until golden brown. Remove straight to serving plates.



5. TOSS THE SALAD

Trim and slice snow peas. Roughly chop mint leaves. Add to bowl with dressing along with roasted beetroots and rocket. Toss until well coated.



6. FINISH AND SERVE

Divide salad and scallopini among plates. Crumble feta over the top.

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**

