




Product Spotlight: Tomatoes

Did you know tomatoes are classified as an everyday super-fruit? Naturally high in lycopene, they may help protect your DNA from damage which in turn, helps prevent various cancers.



4 Taco Platter with Beef Scallopini

A wholesome take on taco night! This taco platter has quick pickles, home-made avocado cream, corn cobs and beef scallopini.

 25 minutes

 2 servings

 Beef

31 December 2021

Bulk it up!

If you are looking to bulk up this meal you can add some refried beans or tinned black beans, or grilled vegetables like capsicum or zucchini to the platter.

Per serve: **PROTEIN** 45g **TOTAL FAT** 21g **CARBOHYDRATES** 68g

FROM YOUR BOX

SHALLOT	1
JALAPEÑO	1
CORN COB	1
AVOCADO	1
CORN TORTILLAS	8-pack
TOMATO	1
BEEF SCALLOPINI	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, ground cumin

KEY UTENSILS

frypan, stick mixer or small blender

NOTES

Some lime juice, fresh coriander, and/or spring onion green tops would make a great addition to the avocado cream. You could also use some yoghurt or sour cream to stretch it out.

Tortillas could also be warmed in a sandwich press. Keep tortillas warm by wrapping in a fresh tea towel until serving.

No beef option – beef is replaced with chicken breast stir-fry strips. Cook for 6–8 minutes, turning occasionally, or until cooked through.



1. MAKE THE PICKLES

In a non-metallic bowl whisk together **2 tbsp vinegar** and **1 tsp salt**. Thinly slice shallot and jalapeño. Add to bowl and leave to pickle. Stir occasionally.



2. COOK THE CORN

Heat a frypan over medium-high heat with **oil**. Add corn and cook, turning occasionally, for 8–10 minutes or until golden and tender. Remove, reserve frypan for step 5.



3. MAKE AVOCADO CREAM

Use a stick mixer to blend together avocado, **1 tbsp vinegar**, **1 tsp cumin**, **1 tbsp water**, **salt** and **pepper** to a smooth consistency (see notes).



4. PREPARE INGREDIENTS

Warm tortillas in a dry frypan in batches, according to packet instructions. Keep warm until serving (see notes).

Dice tomato and slice corn into small cobbettes. Arrange on a platter.



5. COOK THE SCALLOPINI

Reheat frypan over high heat. Coat scallopini in **oil**, **2 tsp cumin**, **salt** and **pepper**. Add to pan and cook, in batches, for 1 minute each side or until cooked to your liking. Remove from pan.



6. FINISH AND SERVE

Drain pickles and slice scallopini. Arrange on platter with prepared ingredients and avocado cream to serve at the table.

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

