



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Natural Yoghurt

Made with probiotic bacterial cultures, yoghurt is useful for a healthy digestive system. The Greek-style variety is thicker and contains more protein than other yoghurts.



4 Beef Scallopini with Mushroom Rigatoni

Red lentil pasta with a creamy mushroom sauce, side of greens and tender beef scallopini. A classic comfort meal with all the nutritious twists!

 30 mins

 2-3 servings  Beef

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Mix it up!

For a one pan dish you can slice the scallopini, chop the greens and stir through the sauce.

Per serve: **PROTEIN** 81g **TOTAL FAT** 17g **CARBOHYDRATES** 132g

FROM YOUR BOX

RED LENTIL RIGATONI	1 packet
SHALLOT	1
MUSHROOMS	200g
TOMATO PASTE	1 sachet
BROCCOLI	1/2 *
BEEF SCALLOPINI	300g
BABY SPINACH	1/2 bag (60g) *
NATURAL YOGHURT	1 cup *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, ground paprika, stock cube (1), dried thyme

KEY UTENSILS

large frypan with lid, saucepan, frypan

NOTES

Pat the beef scallopini dry with paper towel before cooking to remove any excess water. This will encourage browning in the pan.

Make sure the pan is off heat before stirring through the yoghurt. This will prevent the yoghurt from splitting.

No beef option – beef scallopini is replaced with chicken stir-fry strips. Cook over medium-high heat for 6-8 minutes until cooked through. Stir through pasta in step 5.



1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 8-10 minutes or until al dente. Drain and set aside.



2. COOK THE VEGETABLES

Slice shallot and add to a frypan over medium heat with **oil**. Slice mushrooms and add to pan along with **1/2 tsp dried thyme**, tomato paste, **1 crumbled stock cube** and **1 tsp paprika**. Cook for 5 minutes until softened. Pour in **1 cup water**, cover, and simmer for 10 minutes.



3. COOK THE BROCCOLI

Cut broccoli into florets. Add to a separate frypan over medium heat with **1/2 tbsp oil or butter** and **1 tbsp water**. Cook for 4-5 minutes until tender. Season with **salt and pepper**. Remove and set aside.



4. COOK THE BEEF

Coat beef with **1/4 tsp dried thyme**, **oil**, **salt and pepper** (see notes). Reheat frypan over high heat with **oil**. Cook beef for 1-2 minutes each side.



5. FINISH THE PASTA

Stir spinach through mushroom sauce until wilted. Take pan off heat and stir in yoghurt along with cooked pasta (see notes). Season with **salt and pepper**.



6. FINISH AND PLATE

Divide the pasta, broccoli and beef among plates.

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

