



### 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

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

