




Product Spotlight: Potatoes


Potatoes are low in sodium and rich in potassium & are also relatively low in calories! The skin contains fibre and many of the nutrients - so keep it on!



4 Beef Scallopini with Marinated Potato Salad

Tender boiled potatoes with balsamic marinated tomatoes, sweet red onion, parsley and artichokes served alongside rosemary beef scallopini.

 30 minutes

 2 servings

 Beef

14 December 2020

Cook me again!

You can make this potato salad again for a BBQ or side dish at your next family dinner! It works well with hard boiled eggs and a little parmesan cheese. You can also add some sliced olives or capers.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	25g	40g

FROM YOUR BOX

POTATOES	400g
TOMATOES	2
RED ONION	1/2 *
BEEF SCALLOPINI	300g
PARSLEY	1/2 bunch *
ARTICHOKES	1 tub
SUGAR SNAP PEAS	1/2 bag (75g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar, dried rosemary (or dried herb of choice)

KEY UTENSILS

saucepan, frypan

NOTES

Cut any larger potatoes into eighths for even cook time.

If your parsley is a little sandy, soak in a bowl of water to remove any sand then dry in a salad spinner before using.

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



1. COOK THE POTATOES

Quarter potatoes and place into a saucepan (see notes). Cover with water. Bring to the boil and simmer for 12-15 minutes or until tender. Drain and rinse.



2. MARINATE TOMATOES

Whisk together **1 1/2 tbsp balsamic vinegar**, **1 1/2 tbsp olive oil**, **salt and pepper**. Chop tomatoes and thinly slice red onion. Toss into dressing to coat.



3. COOK THE BEEF

Heat a frypan over high heat. Coat beef with **1/2 tsp dried rosemary**, **oil**, **salt and pepper**. Cook for 1-2 minutes each side or until cooked to your liking (cook in batches). Set aside to rest.



4. TOSS THE SALAD

Roughly chop parsley (see notes) and drained artichokes. Trim and slice sugar snap peas. Toss through tomatoes along with cooked potatoes.



5. FINISH AND PLATE

Serve beef scallopini alongside potato salad 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**

