



Product Spotlight: Pumpkin

Unlike many other vegetables, pumpkin is healthier when cooked! Cooking increases the bioavailability of the nutrients found in pumpkin.



4 Chilli Lime Pumpkin with Beef Scallopini

Roast pumpkin crescents with cumin beef scallopini, served alongside a fresh Asian green salad with chilli, lime and coriander.

 30 minutes

 2 servings

 Beef

9 November 2020

Mix it up!

If you prefer a warmer dish you can sauté the Asian greens and serve on the side instead. Or you can char them on the BBQ along with the beef scallopini.

Per serve: **PROTEIN** 51g **TOTAL FAT** 21g **CARBOHYDRATES** 41g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
ASIAN GREENS	2 bulbs
RED CHILLI	1
CORIANDER	1/3 packet *
LIME	1
BEEF SCALLOPINI	300g
FRIED SHALLOTS	1 packet (30g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, soy sauce (or tamari), ground cumin

KEY UTENSILS

oven tray, frypan

NOTES

Trim and rinse the asian greens before slicing to remove any sand. Deseed the chilli if preferred.

Use sesame oil in the dressing for added flavour if you have some.

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



1. ROAST THE PUMPKIN

Set oven to 220°C.

Slice pumpkin into crescents and toss on a lined oven tray with **1/2 tbsp soy sauce** and **oil**. Roast in oven for 20-25 minutes until golden and cooked through.



2. PREPARE THE SALAD

Slice asian greens (see notes) and chilli. Chop coriander. Toss together.



3. PREPARE THE DRESSING

Whisk together 1/2 the lime zest and juice (wedge remaining), **1 tbsp soy sauce** and **1 tbsp olive oil** (see notes). Set aside.



4. COOK THE BEEF

Coat beef with **1 tsp cumin, oil, salt and pepper**. Heat a frypan over high heat. Cook scallopini for 1 minute each side (in batches).



5. FINISH AND PLATE

Divide pumpkin and beef scallopini among plates. Toss the salad with dressing and pile on top. Garnish with fried shallots and serve with remaining lime wedges.

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**

