



### Product Spotlight: Olives

Around 80% of the calories in olives come from healthy fats. Maintaining a good level of healthy fats in your body is important to long-term health.



## 4 Kalamata Tapenade Scallopini

Beef scallopini served with a roasted salad of cherry tomatoes, broccoli, zucchini and red onion, dressed in a caramelised balsamic glaze, all topped with home made Kalamata Olive Tapenade.

 30 mins

 2 servings

 Beef

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## Switch it up!

*Feeding fussy kids can be hard. Instead of mixing the vegetables, separate them on a plate so your children can see each one. This way, they're more likely to eat the ones they like, but will still get exposure to the foods they are learning about.*

Per serve: **PROTEIN** 45g **TOTAL FAT** 45g **CARBOHYDRATES** 35g

## FROM YOUR BOX

CHERRY TOMATOES	1/2 bag (100g) *
BROCCOLI	1/2 *
ZUCCHINI	1
GREEN BEANS	1/2 bag (75g) *
RED ONION	1/2 *
KALAMATA OLIVES	1 jar
BEEF SCALLOPINI	300g
BABY SPINACH	1/2 bag (60g) *
BALSAMIC GLAZE	1 sachet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano, red wine vinegar

## KEY UTENSILS

oven tray, large frypan, small blender

## NOTES

If you don't have a small blender, you can use a stick mixer, or finely chop up the olives and then mix in a bowl with other ingredients. This will give a chunkier texture but the same great flavour.

**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. PREPARE VEGETABLES

Set oven to 220°C.

Halve tomatoes, chop broccoli and zucchini, trim and slice beans and wedge onion.



### 2. ROAST VEGETABLES

Toss prepared vegetables on a lined oven tray with **oil, 2 tsp dried oregano, salt and pepper**. Roast for 15 minutes until tender.



### 3. MAKE OLIVE TAPENADE

Drain and rinse olives and place in a blender (see notes) with **1 tbsp red wine vinegar, 2 tbsp olive oil, salt and pepper**. Blend to a smooth consistency.



### 4. COOK THE BEEF

Heat a frypan over **high** heat. Coat beef in **oil, salt and pepper**. Cook scallopini in batches for 1 minute on each side or until cooked to your liking. Set aside to rest.



### 5. DRESS VEGETABLES

In a large bowl, mix through roasted vegetables with baby spinach and balsamic glaze.



### 6. FINISH AND PLATE

Divide vegetables evenly among plates, top with scallopini and olive tapenade.

**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**

