



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Product Spotlight: Beetroot

Our healthy and delicious WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. They can help reduce blood pressure, improve circulation and are great for the health of our eyes!



4 Beef Scallopini with Pumpkin & Feta

A colourful roast veggie salad with pumpkin, beetroot, almonds and feta cheese from Naked Food Co, alongside lightly spiced beef scallopini.

 30 minutes

 4 servings

 Beef

28 September 2020

Spice it up!

Add some fresh mint, basil or chilli to the salad if desired! If you like a little sweetness in your dressing you can add some maple syrup.

Per serve: **PROTEIN** 47g **TOTAL FAT** 28g **CARBOHYDRATES** 26g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
BEETROOTS	2
CHERRY TOMATOES	1/2 bag (200g) *
FESTIVAL LETTUCE	1
ALFALFA SPROUTS	1/2 punnet *
AUSTRALIAN FETA	1 tub
ALMONDS	1/2 bag (65g) *
BEEF SCALLOPINI	600g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, frypan

NOTES

You could also cut the beef scallopini into strips and toss through the salad at the end for smaller bites.

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 VEGETABLES

Set oven to 220°C.
Dice pumpkin and beetroots. Halve cherry tomatoes. Toss on a lined oven tray with **1 tsp dried rosemary, oil, salt and pepper**. Roast for 20-25 minutes until cooked through.



2. PREPARE THE SALAD

Rinse and roughly tear lettuce. Set aside with alfalfa sprouts. Drain feta cheese.



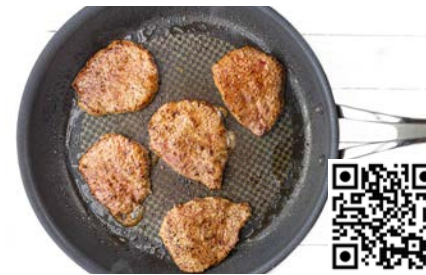
3. MAKE THE DRESSING

Whisk together **2 tbsp balsamic vinegar** with **2 tbsp olive oil**. Season with **salt and pepper**. Set aside.



4. TOAST THE ALMONDS

Roughly chop almonds and add to a dry frypan. Toast for 3-4 minutes until golden.



5. COOK THE BEEF

Coat scallopini with **1 tsp ground coriander, oil, salt and pepper**. Reheat frypan over high heat. Cook in pan for 1 minute each side (cook in batches).



6. FINISH AND PLATE

Arrange lettuce, roast vegetables, sprouts and feta on a large serving plate. Drizzle over balsamic dressing and serve with beef scallopini.

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**

