




Product Spotlight: Carrots

Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children. Beta-carotene plays a significant role in building immunity and also has anti-ageing properties.



4 Thai Pesto Carrot Salad with Beef Scallopini

Tender beef scallopini seared in a pan, served alongside a sweet roast carrot salad with peppery rocket leaves and punchy Thai pesto dressing.

 30 minutes

 4 servings

 Beef

25 January 2021

Spice it up!

If you don't like ground cumin you can use ground coriander instead! You could also use chopped lemongrass or kaffir lime leaves to add flavour to your vegetables.

Per serve: **PROTEIN** 43g **TOTAL FAT** 22g **CARBOHYDRATES** 20g

FROM YOUR BOX

CARROTS	4
RED ONION	1/2 *
THAI PESTO	1 tub
BEEF SCALLOPINI	600g
PEARS	2
ROCKET LEAVES	1 bag (200g)
SUNFLOWER SEEDS	1 packet (20g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, white wine vinegar, ground cumin

KEY UTENSILS

large frypan, oven tray

NOTES

Cook the beef scallopini in batches to prevent overcrowding the pan. This will help get a nice golden sear on your beef.

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.

Cut the carrots into angular pieces. Wedge onion. Toss on a lined oven tray with **2 tsp cumin, oil, salt and pepper**. Roast for 20-25 minutes until tender and cooked through.



4. FINISH THE SALAD

Slice pears. Toss with rocket leaves, sunflower seeds and roast vegetables.



2. PREPARE THE DRESSING

Combine pesto with **1 1/2 tbsp vinegar** and **2 tbsp water**. Season with **salt and pepper** to taste.



5. FINISH AND PLATE

Divide salad and beef scallopini among plates. Spoon over dressing to taste.



3. COOK THE BEEF

Coat beef scallopini with **2 tsp ground cumin, oil, salt and pepper**. Heat a frypan over high heat. Cook for 1-2 minutes each side (cook in batches).

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**

