

X4



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Beef Chipolatas

with Pumpkin Salad

Golden roasted pumpkin and spinach salad, served alongside beef chipolatas. A hearty, wholesome and easy dinner, perfect for midweek.



35 minutes



4 servings



Beef

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED CAPSICUM	1
BEEF CHIPOLATAS	600g
CELERY STALKS	2
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground spice of choice, vinegar of choice

NOTES

You can bulk up this salad with quinoa, lentils, chickpeas or cooked rice tossed through.

1. ROAST THE VEGETABLES

Set oven to 220°C. Dice **pumpkin** (2–3cm) and slice **capsicum**. Toss together on a lined oven tray with **2–3 tsp ground spice of choice** (see tip). Roast in oven for 15 minutes (continue at step 2).

TIP *Try ground cumin and cinnamon, or use harissa paste or a pre-made marinade. Add veg like zucchini, cherry tomatoes or red onion for extra bulk.*

2. ADD THE CHIPOLATAS

Coat **beef chipolatas** with **oil**. Add to tray with vegetables and roast a further 10 minutes until cooked through.

TIP *Cook chipolatas in a frypan or griddle pan if preferred.*

3. PREPARE THE DRESSING AND SALAD

Whisk together **2 tbsp vinegar**, **2 tbsp olive oil**, **salt and pepper**. Slice **celery** and toss with **baby spinach**, **roast vegetables** and **dressing**.

TIP *Use balsamic vinegar or any pre-made dressing you prefer. Add toasted nuts or seeds, feta, or tinned lentils to bulk it up.*

4. FINISH AND SERVE

Serve **beef chipolatas** with a side of pumpkin salad.

This recipe has simplified instructions to help lower your meal cost.