

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Chives

Any leftover chives are delicious in a breakfast omelette! Store chives in a container, wrapped in damp paper or kitchen towel to prevent them from dehydrating in the fridge.



2 Beef Scallopini with Lemon & Chive Mashed Potatoes

Beef scallopini drizzled with a delicious smoked paprika & garlic oil, served with a simple garden salad and a fresh lemon & chive potato mash.

 20 minutes

 2 servings




 Beef

19 October 2020

Superhero mash!

Potato mash can be made really fun! Try adding a broccoli for a hulk mash, chargrilled red peppers for superman or why not carrot or pumpkin for Captain Citrus!

FROM YOUR BOX

MEDIUM POTATOES	3
LEMON	1
CHIVES	1/3 bunch *
FESTIVAL LETTUCE	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
PURPLE CARROT	1
BEEF SCALLOPINI 	300g
GARLIC CLOVE	1
 LENTILS	1 tin (400g)
 AVOCADO	1

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, vinegar (optional), smoked paprika


KEY UTENSILS

large frypan, saucepan

NOTES

Add some ground chilli or chilli flakes at step 4 if you like some heat!


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

 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.



1. BOIL THE POTATOES

Roughly chop potatoes and place in a saucepan. Cover with water, bring to the boil and simmer for 12–15 minutes or until soft. See step 5.

 **VEG OPTION** – Instead of boiling, halve or wedge potatoes, roast in the oven until tender.



2. PREPARE THE SALAD

Zest 1/2 lemon and chop chives. Set aside.

Trim and chop lettuce, halve cherry tomatoes and ribbon carrot. Toss in a bowl and dress (if desired) with **olive oil and vinegar**.

 **VEG OPTION** – Do not add cherry tomatoes to the salad. Go to Step 4.



3. COOK THE SCALLOPINI


Heat a frypan over high heat. Lightly coat scallopini with **oil, salt and pepper**. Cook in batches for 1 minute on each side or until cooked to your liking. Remove to a plate and keep pan over medium–low heat.

 **VEG OPTION** – Heat frypan. Go to Step 4.



4. MAKE THE GARLIC OIL


Add **2 tbsp olive oil**, juice from 1/2 lemon, crushed garlic and **1 tsp smoked paprika** to pan (see notes). Cook for 1–2 minutes then pour over scallopini.

 **VEG OPTION** – add cherry tomatoes. Cook until softened & fragrant then toss in drained lentils to coat.



5. MASH THE POTATOES


Drain potatoes, reserving roughly **1/4 cup cooking water** in the saucepan. Add **2 tbsp butter**, grated lemon zest and chopped chives. Season well to taste with **salt and pepper**.

 **VEG OPTION** – Mash avocados with 1 tbsp olive oil, 1 tsp cumin, salt and pepper.



6. FINISH AND SERVE

Serve scallopini with mash, salad and remaining lemon cut into wedges.

 **VEG OPTION** – Serve lentils on roast potatoes. Top with mashed avocado and chives, serve alongside salad.

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

