



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Pearl Barley


Pearl Barley is a versatile cereal grain with a nut-like flavour and chewy consistency. It is high in fibre which is good for a healthy digestive system!



2 Tarragon Beef with Beets & Barley

Speedy beef minute steaks rubbed with dried tarragon and served with a layered salad featuring beetroot, pearl barley, creamy avocado and goat cheese.

 20 minutes

 2 servings



 Beef

30 November 2020

Cooking Scallopini!

When cooking your scallopini there are a few things to keep in mind to ensure a good result! Firstly, make sure your frypan is very hot prior to adding scallopini to cook and secondly, cook in batches of 4-5 to avoid overcrowding the pan.

FROM YOUR BOX

PEARL BARLEY	1 tub (100g)
BABY COS LETTUCE	1
AVOCADO	1
COOKED BEETROOT	1 packet
GOAT CHEESE	1 packet
BALSAMIC DRESSING	1 sachet
BEEF SCALLOPINI 	300g
 ZUCCHINI FRITTER BITES	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, tarragon or oregano

KEY UTENSILS


large frypan, saucepan

NOTES

Serve all salad components separate if the family prefer to make their own salad bowl!

No beef option - beef scallopini is replaced with **chicken schnitzels**. Increase cooking time to 4-5 minutes on each side or until cooked through.

No gluten option - pearl barley is replaced with **quinoa**. Cook as per recipe instructions.

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



1. COOK THE PEARL BARLEY

Place pearl barley in a saucepan of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse in cold water.




2. PREPARE SALAD COMPONENTS

Trim and wedge lettuce. Quarter avocado and beetroots. Crumble goat cheese and combine balsamic dressing with 1 **tblsp olive oil**.



3. COOK THE SCALLOPINI

Heat a frypan over high heat. Toss scallopini with **oil, 1/2 tsp tarragon or oregano, salt and pepper**. Cook in batches for 1 minute on each side.

 **VEG OPTION** - Heat a frypan with **oil over medium-high heat. Cook fritters for 2-3 minutes each side or until warm.**




4. LAYER THE SALAD

Arrange lettuce on a platter and top with pearl barley, avocado, beetroot and goat cheese.



5. FINISH AND SERVE

Serve barley & beetroot salad with beef scallopini. Drizzle with dressing to taste.

 **VEG OPTION** - **Serve barley & beetroot salad with fritter bites. Drizzle with dressing to taste.**

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**

