

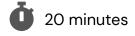




# Tarragon Beef

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.





2 servings



# 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
TUCCHINI FRITTER BITES	1 packet

<sup>\*</sup>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 tbsp olive oil.



### 3. COOK THE SCALLOPINI

Heat a frypan over <u>high</u> 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.

