



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Pumpkin


Not only sweet and delicious
— pumpkin is also a great
source of fibre, antioxidants
(like beta-carotene) and
vitamin A.



3 Beef Parmigiana

Speedy family favourite beef parmigiana, finished in the oven and served with roasted autumn veggies and a simple dressed salad.

 25 minutes

 4 servings




 Beef

2 April 2021

Add some potatoes!

Add some wedges or diced potatoes if the kids prefer! You will need to increase the cooking time accordingly.

FROM YOUR BOX

ZUCCHINI	1
BUTTERNUT PUMPKIN	1
RED ONION	1
CHERRY TOMATOES	400g
BEEF SCALLOPINI 	600g
TOMATO SUGO	1 jar (350g)
PARMESAN CHEESE	1 packet
BABY BEET & LEAVES	1 bag (180g)
BALSAMIC DRESSING	1 sachet
 SMALL EGGPLANTS	3
 FRESH BASIL	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, dried oregano


KEY UTENSILS

2 oven trays, large frypan

NOTES

Use the leftover tomato sugo as pizza or pasta sauce!

No beef option – beef scallopini is replaced with chicken tenderloins. Increase cooking time to 3–4 minutes on each side or until cooked through.

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



1. ROAST THE VEGGIES

Set oven to 220°C, grill.

Chop zucchini, pumpkin and red onion. Toss with cherry tomatoes, **oil, 1–2 tsp oregano, salt and pepper** on a lined oven tray. Roast for 20 minutes or until golden and tender.




4. DRESS THE LETTUCE

Toss lettuce leaves in a bowl with **olive oil** and balsamic dressing.



2. COOK THE SCALLOPINI


Heat a large frypan over **high** heat. Rub scallopini with **oil, 1 tsp oregano, salt and pepper**. Cook (in batches) for 1 minute each side. Arrange on another lined oven tray.

 **VEG OPTION** – Halve eggplants lengthways. Score bottoms and coat with **oil, salt and pepper**. Roast, cut side down, in a lined oven **dish** for 15 minutes.



5. FINISH AND SERVE

Serve parmigiana with roasted veggies and dressed lettuce.


 **VEG OPTION** – Serve eggplant parmigiana with roasted veggies and dressed lettuce. Garnish with picked basil leaves.



GRILL THE PARMIGIANA

Top each scallopini with 1 tbsp tomato sugo and sprinkle with cheese.

When vegetables are almost cooked, place parmigiana under the grill in the oven for 5 minutes or until cheese has melted.

 **VEG OPTION** – Remove eggplants from the oven. Pour over tomato sugo and top with **cheese**. Return to oven for further 10 minutes until cooked through.

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**

