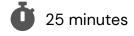


Beef Parmigiana

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





4 servings



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.

WEST 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.



2. COOK THE SCALLOPINI

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



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.



4. DRESS THE LETTUCE

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



5. FINISH AND SERVE

Serve parmigiana with roasted veggies and dressed lettuce.

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

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**



