



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Cauliflower


While most people choose to eat only the florets, the stem and leaves are also edible and are great for soups and stocks!



3 Beef Scallopini with Roasted Cauliflower Steaks

Cauliflower cut into steaks and roasted, served with a dressed salad, beef scallopini and béarnaise sauce for dipping!

 25 minutes

 2 servings

 Beef

27 July 2020

Cauliflower!

Some kids (and adults!) LOVE cauliflower, and some don't! Add a couple of potatoes cut into wedges to roast for some extra choice, alternatively try cauliflower mash (don't forget the butter!) - it is delicious!

FROM YOUR BOX

CAULIFLOWER	1/2
THYME	1/2 packet *
CHERRY TOMATOES	1/2 bag (100g) *
MESCLUN LEAVES	1 bag (60g)
BEEF SCALLOPINI	300g
BÉARNAISE SAUCE	100g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, red or white wine vinegar, dijon mustard, honey

KEY UTENSILS

oven tray, grill or frypan

NOTES

Serve dressing and salad separate if you prefer!

Make sure your frypan is very hot prior to adding scallopini to cook. Pat dry with paper towel prior to adding to the pan (if using a frypan). This is to ensure they brown and do not stew in the pan.

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



1. ROAST THE CAULIFLOWER

Set oven to 250°C.

Cut cauliflower into 1-2cm thick slices. Arrange on a lined oven tray and scatter with 1/4 packet thyme, **oil, salt and pepper**. Roast for 15-20 minutes or until lightly charred and tender.



4. COOK THE SCALLOPINI

Heat a grill or frypan over high heat (see notes). Season beef scallopini with **salt and pepper**. Cook in batches for 1 minute on each side or until browned and cooked to your liking.



2. MAKE THE DRESSING

Whisk to combine **2 tbsp olive oil, 1 tbsp vinegar, 1 tsp dijon mustard, 1 tsp honey, 1 tbsp picked thyme leaves, salt and pepper** in a bowl.



3. TOSS THE SALAD

Halve tomatoes and toss with leaves and dressing to coat (see notes).



5. FINISH AND SERVE

Serve beef scallopini with roasted cauliflower, dressed salad and béarnaise sauce.

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**

