



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Rosemary

Rosemary bushes are abundant in Western Australia. They typically grow 1 metre tall but can reach 2 metres. Sometimes they flower and display beautiful blue, purple or white flowers.



## 3 Seared Beef with Smashed Potatoes

A hearty yet simple dinner with tender beef scallopini, crispy twice-cooked potatoes and vibrant veggies.

 35 minutes

 2 servings

 Beef

15 February 2021

## Make a sauce

*If you prefer, make a simple yoghurt sauce by blending the yoghurt with drained capsicum strips, salt and pepper.*

## FROM YOUR BOX

BABY POTATOES	400g
ROSEMARY STALK	1
BEEF SCALLOPINI	300g
CARROT	1
BROCCOLINI	1
CAPSICUM STRIPS	1 packet (100g)
NATURAL YOGHURT	1/2 cup *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried oregano, garlic (1 clove), red wine vinegar

## KEY UTENSILS

oven tray, frypan, saucepan

## NOTES

If using salted butter, you may not need to add salt in step 2. If the butter is too hard to mix, grate it first.

In a hurry? Skip step 4 and serve boiled potatoes as-is or tossed with a little oil, oregano, salt and pepper.

**No beef option - beef scallopini are replaced with chicken schnitzels.** Cook over medium-high heat for 4-5 minutes on each side or until cooked through.



### 1. BOIL THE POTATOES

Set oven to 220°C.

Place potatoes in a saucepan and cover with water. Bring to the boil and simmer for 10-15 minutes or until fork tender. Drain and place on a lined oven tray (see step 4).



### 2. MAKE HERBED BUTTER

Chop rosemary and crush **garlic**. Mix together with **2 tbsp butter/oil, salt and pepper** (see notes).



### 3. COOK THE SCALLOPINI

Heat a large frypan over high heat. Rub scallopini with **oil**. Cook for 1 minute on each side or until browned and cooked to your liking. Remove pan from heat and add herbed butter. Leave to rest.



### 4. FINISH THE POTATOES

Place drained potatoes on a lined oven tray (see notes). Flatten using the base of a mug or a masher. Sprinkle with **1/2 tsp dried oregano, oil, salt and pepper**. Roast for 10 minutes or until golden and crispy.



### 5. COOK THE VEGETABLES

Reheat saucepan with water. Slice carrot and trim broccolini. Cook for 3-4 minutes until just tender. Drain and toss with drained capsicum strips, **1/2 tbsp olive oil and 1/4 tbsp vinegar**. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Serve scallopini with resting juices and butter, accompanied by vegetables and potatoes. Add a dollop of yoghurt to the potatoes to serve.

**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**

