



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CARROTS

Carrots are rich in beta carotene — a nutrient your body transforms into vitamin A. In other words? Snacking on this crunchy root vegetable is a great way to improve your eye health and boost your immune system!



## 3. MINUTE STEAKS WITH MUSHROOM SAUCE

 25 Minutes

 2 Servings

A truly treat-yourself kind of dinner... and it's ready in no time! Beef scallopi, mushroom sauce and roasted veggies — yum!

## FROM YOUR BOX

CARROT	1
BABY POTATOES	400g
BEEF SCALLOPINI	300g
SPRING ONIONS	1/4 bunch *
MUSHROOMS	100g
SUGAR SNAP PEAS	1/2 bag (75g) *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, dried oregano, stock cube (we used beef), flour of choice

## KEY UTENSILS

oven tray, large frypan

## NOTES

Replace some or all of the water with milk for a more 'rich' sauce.

**No beef option - beef scallopini are replaced with chicken schnitzels.** Reduce heat to medium-high, and increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop carrot and potatoes. Toss with **oil, salt and pepper** on a lined oven tray. Roast for 20 minutes or until tender and golden.



### 4. MAKE THE SAUCE

Sprinkle mushrooms with **1/2 tbsp flour** and cook for 1 minute. Gradually stir in **1/2 cup water** (see notes). Simmer for 2-3 minutes, then turn off heat and return scallopini along with any resting juices. Season to taste with **salt and pepper**.



### 2. COOK THE SCALLOPINI

Heat a large frypan over high heat. Rub beef scallopini with **oil, 1 tsp oregano, salt and pepper**. Cook (in batches if needed) for 1 minute on each side, or until browned and cooked to your liking. Remove from heat and keep pan over medium heat.



### 5. SLICE THE SUGAR SNAPS

Trim and halve sugar snaps. Add to the tray of roasted vegetables and toss to combine (alternatively, serve on the side).



### 3. COOK THE MUSHROOMS

Add **1 tbsp oil/butter** to heated pan. Slice spring onions and mushrooms, add to pan as you go with **1/2 crumbled stock cube and 1/2 tsp oregano**. Cook for 3-4 minutes until softened.



### 6. FINISH AND PLATE

Serve scallopini with vegetables and spoon over sauce.