




Product Spotlight: Sweet Potatoes

Sweet potatoes are rich in beta-carotene, converted by our bodies to vitamin A. Research shows diets rich in beta-carotene can be protective against colon and prostate cancer.



4 Vegetable Gratin with Beef Scallopini

Rainbow vegetables, baked in a gratin with feta cheese and crunchy lupin crumbs, served with beef scallopini and relish.

 35 mins

 2 servings

 Beef

20 August 2021

Bulk it out!

If you have some spare root vegetables, like potato, pumpkin or parsnips, add them to the gratin. They will need to be sliced thinly to ensure they cook in the same time as the other vegetables.

Per serve: **PROTEIN** 56g **TOTAL FAT** 25g **CARBOHYDRATES** 18g

FROM YOUR BOX

SWEET POTATO	300g
ZUCCHINI	1
TOMATOES	2
KALE	1/2 bunch *
FETA CHEESE	1/2 packet *
LUPIN CRUMBS	1 packet (60g)
BEEF SCALLOPINI	300g
CAPSICUM RELISH	1 tub

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, dijon mustard, dried tarragon (see notes)

KEY UTENSILS

large frypan, oven dish

NOTES

If you don't have dried tarragon replace it with dried rosemary, dried oregano, or Italian herbs.

The oil will help stop the vegetables from sticking to the base of your dish and make cleaning up easier.

For quicker cooking time, spread vegetables and lupin crumbs on a lined oven tray and bake for 15-20 minutes then crumble over feta.

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



1. PREPARE INGREDIENTS

Set oven to 200°C.

Ribbon sweet potato, slice zucchini and tomato. Remove kale leaves from stalk and roughly chop.



2. BUILD THE GRATIN

Drizzle a small amount of **oil** (see notes) in the base of an oven dish (roughly 30 cm x 20cm). Add vegetables and crumble in feta. Spoon in **1/2 tbsp mustard**, season with **salt and pepper**. Mix ingredients to combine well.



3. BAKE THE GRATIN

Sprinkle over lupin crumbs and drizzle with **oil**. Place gratin in the oven and bake, covered, for 20 minutes. Remove cover and cook for a further 5 minutes until golden.



4. COOK SCALLOPINI

Heat a frypan over high heat. Coat scallopini in **oil, 1 tsp tarragon, salt and pepper**. Cook for 1 minute on each side (in batches) or until cooked to your liking.



5. FINISH AND PLATE

Divide gratin onto plates. Serve with scallopini and relish.

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

