



Product Spotlight: Pine Nuts


Pine nuts are seeds from pine trees. You'll find them between the scales of pine cones. While all pine trees yield pine nuts only about 20 species have pine nuts large enough to be worth eating.



2 Balsamic Beef Scallopini with Golden Baby Potatoes

Grilled beef scallopini tossed in a roasted tomato and balsamic dressing, served with golden baby potatoes and a fresh rocket, pear and parmesan salad.

 25 minutes

 2 servings

 Beef

7 September 2020

Skip the oven!

Halve and add cherry tomatoes to salad (omit from dressing). Boil the potatoes, steaming the beans on top. Mash and serve with marinated beef, salad and beans!

FROM YOUR BOX

BABY POTATOES	400g
CHERRY TOMATOES	1/2 packet (100g) *
ROCKET LEAVES	1 bag (60g)
PEAR	1
PARMESAN CHEESE	1/2 packet *
PINE NUTS	1/2 packet *
BALSAMIC DRESSING	1 sachet
CHIVES	1/3 bunch *
GREEN BEANS	1/2 packet (75g) *
BEEF SCALLOPINI	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, garlic (1 clove)

KEY UTENSILS

oven tray, grill or frypan

NOTES

To bring out more flavour, toast pine nuts in a dry frypan until golden.

No beef option – beef scallopini is replaced with **chicken schnitzels**. Increase cooking time to 4-6 minutes on each side or until cooked through.

Veg option – beef scallopini is replaced with **250g field mushrooms and 250g ricotta**. Coat mushrooms with oil and place on a lined oven tray (stem side up). Mix ricotta with 1 tsp dried oregano, 1 small crushed garlic clove, salt and pepper. Stuff into mushrooms and roast for 15 minutes or until tender and golden.



1. COOK THE POTATOES

Set oven to 220°C.

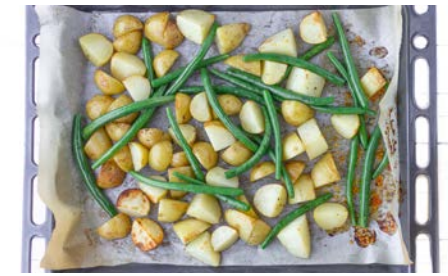
Roughly chop potatoes and halve cherry tomatoes. Toss on a lined oven tray with **oil and salt**. Roast for 10 minutes, see step 3.



2. PREPARE SALAD + DRESSING

Toss rocket leaves with sliced pear, parmesan and pine nuts (see notes).

In a medium shallow bowl, combine **1/4 cup olive oil**, balsamic dressing, **crushed garlic**, chopped chives, **salt and pepper**.



3. ADD THE BEANS

Trim beans and toss with a little **oil**. Remove tray from the oven, place tomatoes into bowl with dressing. Add beans to tray and return to oven for a further 10 minutes or until potatoes are tender.



4. FINISH THE DRESSING

Gently squash roasted tomatoes in dressing to combine well.



5. GRILL THE SCALLOPINI

Heat a large grill pan over high heat. Rub scallopini with **oil** and cook, in batches, for 1 minute on each side. Season with **salt and pepper**. Place straight into dressing once they are cooked.



6. FINISH AND SERVE

Serve beef scallopini with roasted potatoes, beans and salad. Drizzle with roast tomato dressing to taste.

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