



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mushrooms

Mushrooms are packed with protein, minerals and vitamins, and are in fact one of the few natural sources of vitamin D which is great for strong, healthy teeth and bones!



1 Philly Cheesesteak Sub

Soft sourdough rolls with a pickled relish, savoury beef, mushroom and melty Swiss cheese filling.

 20 minutes

 2 servings

 Beef

15 October 2021

Switch it up!

You can use Worcestershire sauce or BBQ sauce in the mushroom mixture instead of soy sauce if preferred! If you have smaller mouths to feed you can serve them open style or slice into mini subs.

FROM YOUR BOX

SHALLOT	1
RED CAPSICUM	1/2 *
SLICED MUSHROOMS	1 punnet (200g)
VEG BEEF SCALLOPINI	300g
SOURDOUGH BREAD ROLLS	2
SLICED SWISS CHEESE	1 packet
RELISH	1 jar
ORIENTAL SLAW	1/2 bag (125g) *
VEG DUTCH CARROTS	1 bunch
VEG SLICED MUSHROOMS	1 punnet (200g)

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, soy sauce

KEY UTENSILS

large frypan, oven tray
(2 oven trays for vegetarian option)

NOTES

You can mix the relish with mayonnaise for a milder flavour if preferred!

Dress the oriental slaw with vinegar of choice and olive oil or toss with mayonnaise.

No beef option – beef scallopini is replaced with chicken stir-fry strips. Add to pan in step 1 to cook with vegetables.

No gluten option – sourdough bread rolls are replaced with GF rolls.

VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.



1. COOK THE VEGETABLES

Set oven to 200°C, grill. Heat a frypan over medium heat with oil. Slice and add shallot and capsicum. Cook for 3-5 minutes or until softened.

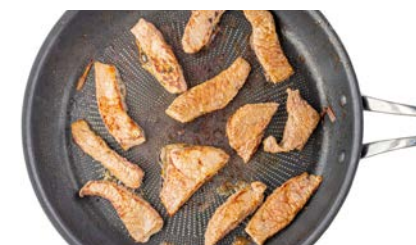
VEG OPTION – Cook as above and also toss trimmed carrots on a lined oven tray with oil, salt and pepper. Roast for 15 minutes until tender.



2. ADD MUSHROOMS

Add mushrooms to pan along with 1 tbsp soy sauce. Cook for 3-4 minutes until softened. Remove vegetables from pan.

VEG OPTION – Add mushrooms (both punnets) to pan. Season with 1-2 tbsp soy sauce and pepper. Cook for 3-4 minutes.



3. COOK THE BEEF

Increase pan heat to high. Slice beef scallopini into desired size. Coat with oil, salt and pepper. Cook in pan for 1-2 minutes. Take off heat.

VEG OPTION – Skip this step.



4. GRILL THE SUBS

Slice rolls open and spread with relish to taste (see notes). Top with even amounts of beef, vegetables and cheese. Grill in the oven for 5 minutes or until cheese is melted.

VEG OPTION – Prepare rolls as above using the mushroom mix instead of beef. Remove roast carrots from oven.



5. FINISH AND SERVE

Serve the subs with oriental slaw on the side (see notes).

VEG OPTION – Serve subs with dutch carrots and oriental slaw on the side.

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**

