



Product Spotlight: Mushrooms

Mushrooms are full of protein, minerals and vitamins, and they are one of the few natural sources of vitamin D, which is good for strong, healthy teeth and bones!



Steak Diane Pasta

Super quick and simple, this steak classic gets a pasta twist the whole family will love with a creamy mushroom and mustard sauce, served with steaks and plenty of fresh parsley.



25 minutes



2 servings



Beef

Bake it!

Turn this dish into a pasta bake! Transfer the tossed pasta into an oven dish at step 5, top with a cheese of your choice or breadcrumbs, and bake until golden on top.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	16g	56g

FROM YOUR BOX

SHORT PASTA	1 packet
BROWN ONION	1
BUTTON MUSHROOMS	150g
PARSLEY	1 packet
BEEF STEAKS	300g
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), dijon mustard (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

We used dijon mustard, but you can use English, Bavarian or American. Some mustards can have a little spice to them, use to taste for a milder flavour.

Reserve remaining pasta for dinner another night, or cook and add to sauce for leftovers. Add extra cooking liquid and seasoning to sauce if cooking full packet pasta.

No gluten option – pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a large saucepan of water to a boil. Add 1/2 packet pasta and cook according to packet instructions or until al dente (see notes). Reserve **1 cup cook liquid** and drain pasta.



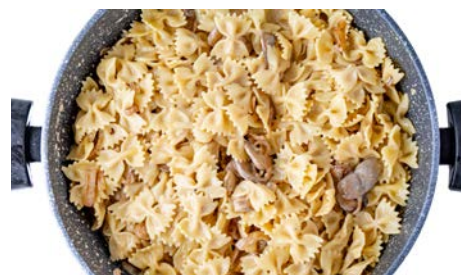
4. MAKE THE SAUCE

Add onion and mushrooms to reserved pan and sauté for 6–8 minutes until mushrooms are browned and onion softened. Reduce heat to medium and add **sour cream, 1/2 cup cooking liquid, 3 tbsp mustard** and **1 1/2 tsp soy sauce**. Stir to combine.



2. PREPARE THE INGREDIENTS

Slice **onion** and **mushrooms**. Finely chop **parsley** including tender stems.



5. TOSS THE PASTA

Add drained pasta to sauce. Toss to combine. Add extra **cooking liquid** if necessary. Season to taste with **soy sauce** and **pepper**.



3. COOK THE STEAK

Coat **beef steaks** with **salt and pepper**. Heat a large frypan over medium–high heat with **oil**. Add steaks and cook for 2–4 minutes each side or until cooked to your liking. Remove to rest and keep pan over heat.



6. FINISH AND SERVE

Slice steaks.

Divide pasta among shallow bowls. Add steak and garnish with parsley.

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