




### 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
	56g	24g	102g

## 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.



### 2. PREPARE THE INGREDIENTS

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



### 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.



### 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**, **1 tbsp mustard** and **2 tsp soy sauce**. Stir to combine.



### 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**.



### 6. FINISH AND SERVE

Slice **steaks**.

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

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

