



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Basil


Basil is actually part of the mint family and is native to tropical Asia. It has been used for over 5000 years as both a spice and for its medicinal properties.



3 Mighty Green Pesto Pasta with Garlic and Thyme Steaks

A surprise green pesto sauce tossed through pasta with pan fried tomatoes and sliced tender thyme steaks on the side.

 30 minutes

 2 servings

 Beef

20 August 2021

Hide the vegetables!

A very sneaky pesto! Blending the just cooked broccoli with the basil and parmesan lets you sneak in a whole lot of vegetable with very little fuss.

FROM YOUR BOX

FETTUCINE	250g
BROCCOLI	1/2 *
GARLIC	2 cloves
BEEF STEAKS	300g
RED ONION	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
BASIL	20g
GRATED PARMESAN	2/3 packet *
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, dried thyme, balsamic vinegar

KEY UTENSILS

large frypan, saucepan, food processor or stick mixer

NOTES

If you don't have a food processor, finely chop the broccoli and garlic and add to the pan at step 3. Chop the basil and add with parmesan at step 5.

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

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a pot of water to the boil. Add pasta and cook according to packet instructions or until al dente. Chop broccoli into florets and add to the water for the last 2-3 minutes. Drain (reserving **1/2 cup pasta water**) and return to pan.



2. COOK THE STEAKS

Heat a frypan over medium-high heat. Crush 1 clove of garlic and rub over steaks with **1 tsp thyme, oil, salt and pepper**. Cook for 2-4 minutes each side until cooked to your liking. Remove to a plate and drizzle with **1/2 tbsp vinegar**. Keep pan over medium heat.



3. COOK THE ONION

Add **1 tbsp oil** to frypan. Slice and add onion. Cook for 2 minutes then add halved cherry tomatoes and **1 tsp thyme**. Cook for a further 2 minutes.



4. MAKE THE PESTO

Place cooked broccoli, 1 garlic clove and basil leaves into a food processor with 1/2 cup parmesan. Pulse with **2 tbsp olive oil** and **1/4 cup of pasta water** (see notes).



5. TOSS WITH PASTA

Tip vegetables and pesto into pasta pan and toss well. Add remaining **pasta water** and squeeze in juice from 1/2 lemon. Season with **salt and pepper**.



6. FINISH AND PLATE

Slice steaks.

Serve pasta into bowls and add sliced steak on the side, sprinkle with remaining parmesan to taste.

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

