Product Spotlight: Tomatoes

Red, purple, green, yellow, large, small, and a little in between — there are countless types of tomatoes available. They all have a high content of vitamin C, fibre and flavour in common.

3 Beef Steaks
with Mediterranean Pasta

A filling pasta recipe with antipasti, tomato and spinach that brings your taste buds on a holiday to the sunny Mediterranean. Served with grass–fed WA beef steaks.

🕙 30 minutes　　🍴 2 servings　　🥩 Beef

18 June 2021

One-pan serving

Slice the beef and toss through the pasta for a fuss-free one-pan plate-up option.

FROM YOUR BOX

SHORT PASTA	250g
RED ONION	1/2 *
GARLIC CLOVE	1
TOMATOES	2
BABY SPINACH	1 bag (120g)
MEDITERRANEAN MEDLEY	1 punnet (250g)
BEEF STEAKS	300g
SOUR CREAM	1/4 tub (50g) *
PARSLEY	1/3 bunch *

Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, balsamic vinegar, dried oregano

KEY UTENSILS

2 frypans, saucepan

NOTES

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 saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain, reserving **1/2 cup water.**

2. COOK THE ONION

Heat a frypan with **oil** over medium heat. Slice and add onion with crushed garlic, **1 tsp oregano and 1 tbsp vinegar.** Cook for 5 minutes.

3. ADD THE VEGETABLES

Wedge tomatoes. Add to pan with spinach, Mediterranean medley and **1/3 cup water.** Cover and simmer for 5 minutes.

4. COOK THE STEAKS

Heat another frypan over medium-high heat. Rub steaks with **1 tsp oregano, oil, salt and pepper** and cook for 2-4 minutes each side or until cooked to your liking.

5. TOSS THE PASTA

Add pasta, sour cream and chopped parsley to vegetables and toss well, adding **reserved pasta water** as needed. Season to taste with **salt and pepper.**

6. FINISH AND PLATE

Slice steaks and serve on plates with pasta.

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**