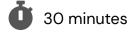




# Beef Steaks

# 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.





2 servings



# 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 *

<sup>\*</sup>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, **1tsp oregano and 1tbsp 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



