



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



### 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

 4 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	500g
RED ONION	1
GARLIC CLOVES	2
TOMATOES	3
ENGLISH SPINACH	1 bunch
MEDITERRANEAN MEDLEY	1 punnet (250g)
BEEF STEAKS	600g
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 large frypans, saucepan

## NOTES

English spinach sometimes hides a lot of dirt and sand, so make sure to wash it thoroughly.

**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, **2 tsp oregano** and **2 tbs vinegar**. Cook for 5 minutes.



### 3. ADD THE VEGETABLES

Wedge tomatoes, wash and roughly chop spinach (see notes). Add to pan as you go with Mediterranean medley and **1/2 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**

