



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: LEMON ZEST

Lemon zest has close to no calories, and brings a fresh, unique flavour to your dishes. The zest is great both in savoury and sweet recipes.



3. CREAMY TOMATO PASTA WITH THYME STEAKS

 30 Minutes

 2 Servings

Creamy veggie and sun-dried tomato pasta served alongside tender beef rump steak. Enjoy!

FROM YOUR BOX

| | |
|--------------------------|------------------|
| LONG PASTA | 1 packet (250g) |
| RED ONION | 1/2 * |
| GARLIC CLOVE | 1 |
| ZUCCHINI | 1/2 * |
| LEMON | 1 |
| RED CAPSICUM | 1/2 * |
| SEMI-DRIED TOMATO STRIPS | 1 tub |
| BEEF RUMP STEAKS | 300g |
| NATURAL YOGHURT | 1/2 tub (250g) * |

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried thyme, seeded mustard

KEY UTENSILS

saucepan, large frypan, regular frypan

NOTES

Slice steaks and toss through the pasta if preferred.

No beef option - beef rump steaks are replaced with chicken schnitzels. Increase cooking time to allow chicken to cook through, if needed.

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 cooked al dente. Drain, reserving **1/2 cup pasta water**.



2. SAUTÉ THE ONION

Heat a large frypan with **oil** over medium-high heat. Slice and add onion, cook for 4-5 minutes. Crush and add garlic and **1 tsp thyme**.



3. ADD THE VEGETABLES

Grate zucchini, zest lemon to yield 1 tsp, and slice capsicum. Add to pan along with tomato strips, **2 tsp mustard and 1/2 cup pasta water**. Cover and simmer for 5-10 minutes.



4. COOK THE STEAKS

Heat a frypan over medium-high heat. Rub steaks with **1/2 tbsp oil, 1/2 tsp thyme, salt and pepper**. Cook for 3-4 minutes each side or until cooked to your liking.



5. TOSS THE PASTA

Add pasta to vegetable frypan. Remove from heat and stir through yoghurt and juice from 1/2 lemon. Season to taste with **salt and pepper** (see notes).



6. FINISH AND PLATE

Wedge remaining lemon.

Serve steaks with pasta and a lemon wedge.