



Product Spotlight: Basil

Basil helps restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestions and boosts immunity.



4 Balsamic Beef with Sun-dried Tomato Pasta

Grain penne pasta tossed with a sun-dried tomato and basil sauce, sautéed kale and topped with seared balsamic beef strips.

 30 mins

 2-3 servings  Beef

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Spice it up!

Add a cheesy finish with some pecorino or ricotta if you have some! You could also cook the vegetables with some crushed garlic for more depth of flavour.

Per serve: **PROTEIN** 51g **TOTAL FAT** 26g **CARBOHYDRATES** 148g

FROM YOUR BOX

GRAIN PASTA	1 packet
BASIL	1 packet (60g)
SUN-DRIED TOMATOES	1 tub
BEEF STIR FRY STRIPS	200g
KALE	1/2 bunch *
RED CAPSICUM	1/2 *
RED ONION	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

You can toss the beef strips through the pasta if preferred.

No beef option - beef stir fry strips are replaced with chicken strips. Increase cooking time to 6-8 minutes or until cooked through.



1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta to boiling water and cook for 10-12 minutes until al dente. Drain, rinse and set aside.



2. MAKE THE SAUCE

Roughly chop 1/2 the basil leaves. Blend together with drained sun-dried tomatoes (see notes) and **3/4 cup water** using a stick mixer or blender. Season with **salt and pepper**.



3. COOK THE BEEF

Coat the beef strips with **1/2 tbsp balsamic vinegar, oil, salt and pepper**. Heat a frypan over high heat. Cook beef (in batches) for 1-2 minutes. Remove from pan and set aside on a plate.



4. SAUTÉ THE VEGETABLES

Reheat frypan over medium-high heat with **1 tbsp olive oil**. Slice kale leaves, capsicum and onion. Add to pan as you go along with **1 tbsp balsamic vinegar**. Cook for 4-5 minutes until tender.



5. TOSS THE PASTA

Toss cooked pasta with sauce and vegetables until well combined. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide pasta and beef strips among bowls (see notes). Slice remaining basil leaves and use to garnish.

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**

