



# MARLEY SPOON



**UNDER  
30 MINS**

## **Black Pepper Beef** and Antipasto Linguini

 20-30min  2 Portions

Pesto is such a versatile ingredient - smear it on bruschetta, toss it through pasta or turn it into a zingy dressing as we have here. Plus, we've added some lovely ingredients you would usually find on an antipasto platter, which turns this simple pasta dish into a gourmet meal.



## What we send

- 2 garlic cloves, 1 shallot
- button mushrooms
- Baby Spinach Leaves Pre-Pack 70g
- roasted capsicum
- basil pesto <sup>15</sup>
- lemon
- linguine <sup>1</sup>
- grass-fed beef rump steak

## What you'll require

- extra virgin olive oil
- pepper
- sea salt flakes

## Utensils

- grater
- large sieve or colander
- medium frypan
- medium saucepan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Tree Nuts (15). May contain traces of other allergens.

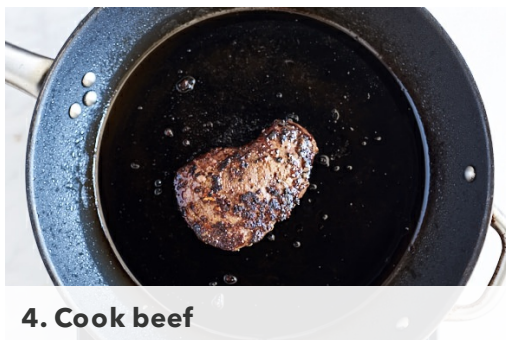
## Nutrition per serving

Energy 810.0kcal, Fat 31.5g, Proteins 39.6g, Carbs 86.7g



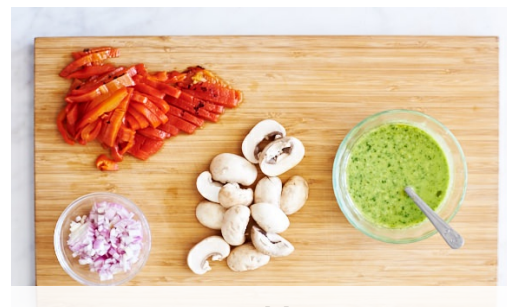
### 1. Season beef

Bring a medium saucepan of salted water to the boil for the pasta. Finely chop or crush the **garlic**. Combine with 2 tsp **cracked black pepper** and some **sea salt** in a small bowl. Rub mixture onto both sides of **beef**.



### 4. Cook beef

Heat 1 tbs **oil** in a medium frypan over medium-high heat. Cook the **beef** for 3 mins each side for medium-rare, or until cooked to your liking. Rest, covered for 5 mins. Thinly slice the beef against the grain.



### 2. Prepare vegetables

Zest and juice the **lemon** into a bowl. Add the **pesto** and stir to combine. Finely chop the **shallot**. Cut the **capsicum** into strips. Halve the **mushrooms**.



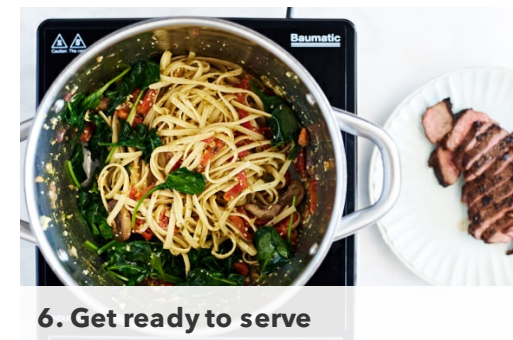
### 5. Cook vegetables

Meanwhile, heat 1 tbs **oil** in same frypan over medium-high heat. Cook the **mushrooms**, stirring occasionally, for 5 mins or until browned. Transfer to a large bowl. Cook the **capsicum strips** and **shallot** in same pan for 2-3 mins until starting to colour.



### 3. Cook pasta

Cook the **pasta** in the pan of boiling water for 8 mins or until al dente. Drain.



### 6. Get ready to serve

Add the **pesto mixture** and 1 tbs **oil** to the **pasta** and toss to coat. Add the **mushrooms, capsicum, shallot, baby spinach** and gently toss to combine. Serve topped with the **beef**.