

# MARLEY SPOON



## CF: Lemon Beef

with Risoni Pesto Salad



20-30min



2 Portions

There are few things better than pesto tossed through salad. We've used kid-favourite rice-shaped risoni and teamed it with premium grass-fed beef that's rubbed in a zingy lemon-pepper and chargrilled to perfection for the adults. Simply throw in some crunchy broccoli and sweet tomato for a satisfying warm pasta salad.

## What we send

- broccoli
- cherry tomatoes
- garlic cloves, skin on
- lemon
- grass-fed beef flank steak
- risoni pasta <sup>1</sup>
- basil pesto sauce <sup>7,15</sup>

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

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

## Allergens

Gluten (1), Milk (7), Tree Nuts (15).  
May contain traces of other allergens.

## Nutrition per serving



### 1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the pasta. Finely grate the **lemon** zest, then juice. Crush or finely chop the **garlic**.



### 2. Marinate beef

Combine the **lemon zest, garlic** and **1 tbs oil** in a shallow dish, and season with **salt and pepper**. Add the **beef** and turn to coat. Set aside to marinate until needed. Cut the **broccoli** into small florets.



### 3. Cook pasta

Cook the **pasta** in the pan of boiling water for 9 mins until almost cooked. Add the **broccoli** and cook for a further 2 mins or until pasta is al dente. Drain well in a sieve and rinse briefly under cold running water to cool slightly.



### 4. Cook beef

While the **pasta** is cooking, heat a chargrill pan or large frypan over high heat. In batches if necessary, cook the **beef** for 2 mins each side for medium-rare or until cooked to your liking. Remove from pan and rest for 3 mins.



### 5. Prepare dressing

Meanwhile, put **1 tbs pesto, 1 tbs lemon juice** and **2 tbs oil** in a bowl. Season with **salt and pepper** and stir to combine. Halve or quarter the **tomatoes**.



### 6. Get ready to serve

Put the **pasta** and **broccoli** in a large bowl and stir in the remaining **pesto** to combine. Season with **salt and pepper**. Add the **tomatoes** and toss to combine. Thickly slice the **beef** against the grain. Divide **pasta salad** and **beef** among plates. Drizzle over the **dressing** to serve.