

MARLEY SPOON



CC: 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

- grass-fed beef flank steak
- lemon
- garlic cloves
- cherry tomatoes
- broccoli
- risoni pasta ¹
- basil pesto sauce ^{7,15}

What you'll require

- olive oil
- sea salt and pepper

Utensils

- large saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

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 **half the lemon zest**, then **juice** the half (reserve remaining half for another use). Crush or finely chop the **garlic**.



2. Marinate beef

Combine the **lemon zest, garlic** and **2 tsp 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 frypan over high heat. 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 **2 tsp pesto, 2 tsp lemon juice** and **1 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.