



**FAST**

## Smoky Beef Farfalle Pasta

with Capsicum and Spinach



20-30min



2 Portions

Here's a dish straight out of the minimal fuss, maximum flavour playbook. You just cook some pasta, toss beef, capsicum and onion in a pan, spike everything with the flavours of a smoky barbecue seasoning then finish with some wilted spinach and a dash of wine vinegar. Delicious.

## What we send

- 17
- 1

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- boiling water
- olive oil
- sea salt and pepper

## Utensils

- colander
- medium deep frypan or saucepan
- medium saucepan

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

## Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 700kcal, Fat 21.0g, Carbs 75.1g, Proteins 47.6g



### 1. Prepare vegetables

**Read through the recipe.** Bring a medium saucepan of salted water to the boil for the pasta. Thinly slice the **onion**. Thinly slice the **capsicum**, discarding seeds and membrane. Crush or finely chop the **garlic**.



### 2. Make stock

Crumble **1 stock cube\*\*** into a heatproof jug, add the **tomato paste** and **250ml (1 cup) boiling water** and stir to dissolve.



### 3. Cook pasta

Cook the **pasta** in the pan of boiling water for 8 mins or until al dente. Drain, then return to the pan, add **2 tsp olive oil** and toss to coat.



### 4. Start sauce

Meanwhile, heat **2 tsp olive oil** in a medium deep frypan over high heat (see cooking tip). Separate the **beef stir-fry**, then cook, stirring occasionally, for 2 mins or until browned. Remove from the pan. Add **2 tsp olive oil** to the pan and reduce the heat to medium-high. Cook the **onion, capsicum** and **garlic**, stirring, for 3 mins or until softened.



### 5. Finish sauce

Stir in the **barbecue seasoning** and cook for 1 min or until fragrant. Add the **stock** and **½ tsp red wine vinegar** and bring to a simmer. Cook for 2-3 mins until slightly thickened. Return the **beef** and any resting juices to the pan.



### 6. Get ready to serve

Stir the **spinach** into the **beef mixture** and cook for 1 min or until wilted. Add the **pasta** and toss to combine. Taste, then season with **salt and pepper**. Divide the **beef pasta** among bowls to serve.