



FAST

Smoky Beef Farfalle Pasta

with Capsicum and Spinach



20-30min



4 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

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- colander
- large deep frypan or saucepan with lid
- large 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 large 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 the **stock cubes** into a heatproof jug, add the **tomato paste** and **500ml (2 cups) 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 **1 tbs olive oil** and toss to coat.



4. Start sauce

Meanwhile, heat **1 tbs olive oil** in a large deep frypan over high heat (see cooking tip). Separate the **beef stir-fry**, then cook, in two batches, stirring occasionally, for 2 mins or until browned. Remove from pan. Add **1 tbs olive oil** to the pan and reduce the heat to medium-high. Cook **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 **1 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.