

MARLEY SPOON



FAST

Sicilian Beef Spaghetti

with Agrodolce Sauce



20-30min



2 Portions

It's not just the Chinese who have the corner on sweet (dolce) and sour (agro) flavourings, the Italian sweet-sour game is strong too. Actually it's a signature combination from the Sicilian kitchen where raisins, vinegar, capers and sugar are the usual suspects used. In this healthier version, we've leaned hard on the natural sweetness of onion and capsicum instead.

What we send

- 7
- 1

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

What you'll require

- balsamic vinegar ¹⁷
- olive oil
- sea salt and pepper
- water

Utensils

- colander
- fine grater
- medium frypan
- medium saucepan

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

Allergens

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 750kcal, Fat 21.4g, Carbs 71.5g, Proteins 63.9g



1. Prepare vegetables

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



2. Make stock

Meanwhile, crumble **1 stock cube**** into a heatproof jug, add **half the tomato paste**** and **250ml (1 cup) boiling water** and stir to dissolve. Finely grate the **parmesan**.



3. Cook beef

Heat **1 tbs olive oil** in a medium frypan over high heat. Separate the **beef stir-fry** and cook, turning once, for 1-2 mins until browned (see cooking tip). Remove from the pan with tongs, leaving the flavoured oil in the pan and reserving the pan.



4. Cook spaghetti

Cook the **three-quarters of the spaghetti**** in the pan of boiling water for 8 mins or until al dente. Drain.



5. Start sauce

Meanwhile, heat the oil in the reserved pan over medium heat. Add the **garlic, onion, capsicum** and **1 tsp oregano****, season with **salt and pepper** and cook, stirring occasionally, for 3-4 mins until softened. Add the **stock** and bring to the boil. Cook for 5 mins or until thickened. Return the **beef** to the pan.



6. Finish sauce

Stir **2 tsp balsamic vinegar** and **half the parmesan** into the **sauce**. Taste, then season with **salt and pepper**. Divide the **spaghetti** and **beef sauce** among bowls. Scatter over the **remaining parmesan** to serve.