



CREAMY STEAK AND PASTA

INSPIRED BY: ANNY

I created this special recipe for my precious daughter who loves pasta dishes. Perfect for a busy day, just use leftover steak if you do not have time to prepare the meat.

Yield: 4-6 servings // Prep time: 5 minutes // Cooking time: 25 minutes // Total time: ½ hour

BEEF

350 g Rump Steak (or leftover cooked steak)
½ teaspoon Salt
1 tablespoon Olive Oil
1 tablespoon butter
½ cup White wine
350 g Pasta (rigatoni/ penne)
1 small Red onion, chopped, small dice
1 clove Garlic, finely chopped
200g Mushrooms

1 bunch Spring onions (green and white parts) thinly sliced
½ cup Beef stock
¾ cup Heavy cream /or yogurt
½ teaspoon Freshly ground pepper
1 teaspoon Dijon mustard
½ cup Parmesan (or other hard cheese), grated
2 tablespoons Chopped parsley

METHOD

1. Place a heavy based grill pan over high heat and let it get very hot.
2. Season the steak with salt and rub it with olive oil. Melt the butter on the hot grill pan. Place the steak on the hot grill and sear for 2 minutes on each side. Remove from the pan and set aside to rest. Deglaze the pan with half of the white wine.
3. Place a large saucepan on high heat with water and bring to the boil for the pasta.
4. Chop the red onion into small dice and add it to a large pan with the remaining oil and meat juices from the grill pan. Cook over low heat. Add the garlic, when cooked add the mushrooms and cook until golden brown. Add the spring onion and stir until the onion is limp.
5. Add the rest of the wine, beef stock and cream to the mushroom mixture. Cook the mixture to reduce the liquid and develop the flavour. Add the black pepper and mustard and check the seasoning. Reduce the heat to low.
6. Cook the pasta and keep ½ cup of pasta water. Add the pasta to the sauce with a ¼ cup of pasta water and place on medium heat to combine.
7. Thinly slice the steak across the grain and add it to the pan together with any pan juices. If the sauce is too thick, thin down with more of the reserved pasta water.
8. Sprinkle the cheese over the pasta and meat and blend lightly. Serve with finely chopped parsley.

