



Seared Beef & Easy Green Risoni

with Basil Pesto and Fetta



Marinate beef to pack in flavour and tenderise



Zucchini



Risoni



Beef Rump



Traditional Pesto



Beef Stock



Fetta



Garlic



Baby Spinach Leaves



Italian Herbs

Pantry Staples: Olive Oil, Salt, Balsamic Vinegar

Hands-on: 20 mins
Ready in: 40 mins

Good old risoni. Halfway between rice and pasta, it's perfect for this pesto dish with tender seared beef and creamy fetta. Don't forget to rest your meat for perfect succulent bites!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, medium bowl, tongs, medium saucepan** with a **lid, sieve, wooden spoon, large frying pan, plate** and **aluminium foil**.



1 MARINATE THE BEEF

Peel and crush the **garlic** and place in a medium bowl. Add the **beef rump, 1/2 the Italian herbs, salt (use suggested amount)** and **balsamic vinegar** to the bowl. **Drizzle** with **olive oil**, season with **pepper** and toss to coat. Set aside to marinate. **TIP:** *If you have time, set aside to marinate for **10 minutes** to pack in flavour and increase tenderness.*



2 GET PREPPED

While the beef is marinating, bring a medium saucepan of salted water to the boil. Roughly chop the **baby spinach leaves**. Cut the **zucchini** into 0.5 cm half-moons.



3 COOK THE RISONI

Add the **risoni** to the saucepan of boiling water and crumble in the **beef stock** cube. Cook for **6-8 minutes** or until 'al-dente'. Reserve **1/4 cup** of the **pasta water**, then drain well and return to the saucepan. **TIP:** *Add a **drizzle** of **olive oil** to prevent the risoni from sticking.* Add the **baby spinach leaves** and stir through until wilted. Add the **traditional pesto** and stir through to coat. **TIP:** *If the risoni is a little dry, add a splash of the pasta water.*



4 COOK THE BEEF

While the risoni is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **beef rump** and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. **TIP:** *This will give you a medium steak but cook it less for rare, or a little more for well done.* Set aside on a plate and cover with foil to rest for a **few minutes**. Slice into 1 cm strips.



5 COOK THE ZUCCHINI

While the steak is resting, return the pan to a medium-high heat with a **drizzle** of **olive oil** (no need to wash out the pan). Add the **zucchini** and the **remaining Italian herbs** and cook for **2-3 minutes**, or until tender.



6 SERVE UP

Divide the green risoni between plates and top with the zucchini and seared beef. Crumble over the **fetta**.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	1 clove
beef rump	1 packet
Italian herbs	1 sachet (2 tsp)
salt*	½ tsp
balsamic vinegar*	1 tbs
baby spinach leaves	1 bag
zucchini	1
risoni	2 packets (1 cup)
beef stock	1 cube
traditional pesto	1 tub (100 g)
fetta	1 block (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2360kJ (564Cal)	808kJ (193Cal)
Protein (g)	37.3g	12.8g
Fat, total (g)	28.0g	9.6g
- saturated (g)	6.5g	2.2g
Carbohydrate (g)	39.1g	13.4g
- sugars (g)	3.0g	1.0g
Sodium (g)	794mg	272mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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Hello@HelloFresh.com.au

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