

# Seared Beef & Easy Green Risoni

with Basil Pesto and Fetta





Marinate beef to pack in flavour and tenderise



















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 you meat for perfect succulent bites!

### **BEFORE YOU** STAR

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.



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.



**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.



**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.



**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.



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

Enjoy!

## **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)	
beefstock	1 cube	
traditional pesto	1 tub (100 g)	
fetta	<b>1 block</b> (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

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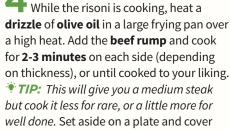




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**COOK THE BEEF** 

1 cm strips.

drizzle of olive oil in a large frying pan over with foil to rest for a few minutes. Slice into