Eat Within 4 Days

QCOOK

Basil-infused Beef Sirloin Pasta

with sunflower seeds

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Paul Cluver | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	1256kJ	4222kJ
Energy	300kcal	1009kcal
Protein	17.1g	57.4g
Carbs	24g	80.8g
of which sugars	1.3g	4.3g
Fibre	1.5g	5.1g
Fat	11.3g	38.1g
of which saturated	3g	10.1g
Sodium	239mg	802mg

Allergens: Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Fusilli Pasta
125ml	160ml	Pesto Princess Basil Pesto
30g	40g	Sunflower Seeds
480g	640g	Beef Sirloin
30ml	40ml	NOMU One For All Rub
60g	80g	Danish-style Feta *drain*
8g	10g	Fresh Parsley *rinse & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Butter

1. PASTA Boil the kettle. Place the pasta in a pot with boiling water and a pinch of salt. Cook the pasta until al dente, 10-12 minutes. Drain, mix in the pesto, a generous drizzle of olive oil, and seasoning.

2. SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. Sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. DINNER IS READY Bowl up the pesto pasta, top with the steak slices, crumble over the feta, and sprinkle over the toasted seeds. Garnish with the parsley. Bon appétit.