

Stir fry with pasta spirals, beef and pepper

2 servings

Ingredients

175g/6oz Glutafin Pasta Spirals
1 x 15ml tbsp Light & Mild Olive Oil
1 clove of crushed garlic
111g/4oz Lean Sirloin or Rump Steak, cut into thin matchstick slivers
50g/2oz Fine Green Beans, trimmed and halved
½ Red Pepper, very finely sliced
6 Baby Plum Tomatoes, halved
50g/2oz Mixed Canned Beans (e.g. Borlotti)
50g/2oz Pitted Black Olives

For the Dressing

1 x 15ml tbsp Sun-dried Tomato Paste, or Red Tomato Pesto
1 x 15ml tbsp Balsamic Vinegar
4 - 6 Fresh Basil Leaves, chopped

Method

1. Simmer pasta in a large pan of boiling water, following the package instructions. Then add the fine green beans to the pan, for the last 5 minutes of cooking. Drain then set aside in a colander.
2. Meanwhile, using a wok or large frying pan, stir fry the garlic with the steak slivers, in the Olive Oil, over a high heat for 2-3 minutes, to brown the meat. Then add the green beans and the red pepper strips and cook for a further 2-3 minutes. Then add the tomatoes and cook for 2-3 minutes, until they are just starting to lose their shape. Add the remaining ingredients, including the cooked pasta and dressing and cook for a full 2 minutes, to heat through.

Serve as it is or as a salad.

3. It is delicious served as a salad. Combined with rocket leaves and drizzle, with olive oil and balsamic vinegar, just before serving.