

BALSAMIC STEAK with TOMATO PASTA SALAD

INGREDIENTS

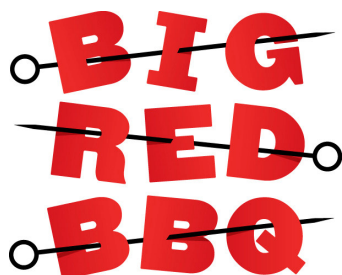
- 200g dried penne pasta
- 1 tablespoons olive oil
- 1/4 cup balsamic vinegar
- 2 garlic cloves, crushed
- 4 (150g each) beef sirloin steaks
- olive oil cooking spray
- 250g cherry truss tomatoes
- 1/4 cup small fresh basil leaves
- 50g baby rocket

METHOD

1. Cook pasta in a saucepan of boiling water, following packet directions, until tender. Drain. Transfer to a bowl.
2. Meanwhile, combine vinegar, oil and half the garlic in a large glass or ceramic bowl. Add steak. Turn to coat.
3. Spray a barbecue plate or chargrill with oil. Heat over medium-high heat. Cook steaks for 3 to 4 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil. Stand for 5 minutes.
4. Cook tomatoes for 2 to 3 minutes or until softened.
5. Add tomatoes, basil, rocket and remaining garlic to pasta. Toss to combine. Serve steaks with pasta salad.

Serves 4

	Per Serving (285g)	Per 100g
Energy	1965	688
Protein	36.9	12.9
Fat – Total	19.1	6.7
- Saturated	5.4	1.9
Carbohydrate - Total	35.8	12.5
- Sugars	1.6	0.6
Sodium	89	31



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