SEARED SICILIAN RIBEYE

WHAT YOU WILL NEED

Serves 2

2 Rib Eyes

2 tbsp. olive oil

4 Tbsp. chopped Calabrese peppers \*OPTIONAL

1 tbsp. fresh rosemary very finely chopped

1 tbsp. fresh oregano very finely chopped

1 tbsp. fresh basil very finely chopped

1 tbsp. fresh Italian flat leaf parsley very finely chopped

1 tsp. Sicilian Sea salt

1 tsp. cracked black pepper

10 garlic cloves minced and smashed

1 tsp. crushed red pepper \*optional\

½ lb. Rouses Whole wheat pasta, cooked according to instructions on bag.

4 tbsp. Parmigiano Reggiano Cheese

1 lb. mushrooms sliced

1 jar Grilled bell peppers cut to ¼ inches

1 cup Red Wine (Cabernet)

HOW TO PREP

In a small mixing bowl mix all ingredients except the rib eyes, cheese, mushrooms and bell peppers and wine

Mix thoroughly and cover pepper, garlic herbed mixture on both sides of the rib eyes.

In a very hot cast iron skillet, add olive oil, place seasoned rib eyes and cook for about 2 minutes on each side, or until your degree of doneness.

Once cooked remove rib eyes and add bell peppers and mushrooms, cook on high for about 5 minutes.

Add red wine and cook on high until reduced by ½

Place ¼ of the pasta on a plate and pour ½ of the cooked peppers and mushroom sauce onto pasta.

Place alongside pasta 1 cooked rib eye.

Sprinkle Parmiggiano Reggiano Cheese on top of pasta

Repeat for the second plate!