

Beef, Bean and Chorizo Pasta

Serves 4

Preparation time: 15 minutes

Cooking time: Under 15 minutes

Ingredients:

400g/14oz thin cut beef steaks, cut into strips

300g/10½oz pasta shapes

100g/3½oz diced chorizo or pancetta cubes

1 small onion, peeled and chopped

1 garlic clove, peeled and crushed or 5ml/1tsp garlic purée

250g/9oz cherry tomatoes, cut into quarters

1 x 400g can chickpeas or cannellini beans, drained

100g/3½oz frozen peas

Salt and freshly milled black pepper

30ml/2tbsp freshly chopped flat-leaf parsley

Method:

1. Cook the pasta according to the packet instructions, drain and set aside.
2. Meanwhile, heat a non-stick frying pan and cook the chorizo or pancetta, onion and garlic for 2–3 minutes, stirring occasionally.
3. Add the beef and cook for 1 minute. Add the tomatoes, chickpeas or beans, peas and pasta and continue to cook for a further 1–2 minutes.
4. Season, garnish with the parsley and serve immediately with a side salad and garlic bread.



Tough standards. Tender results.

The Quality Standard Mark Scheme for beef and lamb provides one of the highest levels of independently inspected quality assurance for meat in the United Kingdom.



• Hello •
SUMMER



**RICH IN
PROTEIN**

Beef is rich in protein.
Protein supports
the maintenance of
muscles and bones
and helps muscles
to grow.