Main dishes / Scotland

wholewheat pasta with beef strips and courgette · Scotland

A modern Scotland-inspired noodle or pasta dish with courgette and beef strips.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g wholewheat pasta
- ☐ 500 g courgette
- ☐ 10 g chives
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g beef strips
- ☐ 15 g wholegrain mustard
- ☐ 2 g dried thyme

Let's make it.

01 Cook the wholewheat pasta according to the packet. Reserve a cup of cooking water, then drain.

02 Clean the courgette and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the courgette and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

04 Cook the beef strips thoroughly in a separate pan until the centre reaches at least 71°C.

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the wholegrain mustard, chives, dried thyme and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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