

Creamy Beef & Mustard Pasta

Ingredients

Equipment

Green chopping board
Vegetable knife
Large saucepan
Medium saucepan
Colander
Small mixing bowl
Grater
Wooden spoon
Tin opener

450g lean beef sirloin, rump, topside or frying steak
150g dried pasta shapes
1 small onion
50g fine green beans
1 x 198g can sweetcorn
150ml crème fraiche
30ml wholegrain mustard
1 lemon
30g chopped chives
Salt and pepper
You will also need:
Container to take it home in.

Method

1 Dice onion and zest lemon. Top green beans and cut in half. Cook pasta shapes in simmering water for 10 minutes on a medium heat.

2 Dice beef into 5cm strips. Heat a little oil in a large saucepan and fry beef strips for 4-5 minutes, until brown. Add onion, green beans and sweetcorn and cook for a further 5 minutes.

3 In a small bowl, mix together mustard, crème fraiche and lemon zest. Add to pan with beef and stir in cooked pasta.

4 Season with salt and pepper and add chives.