



Pwlllywrach Farm - www.welshangusbeef.co.uk

Creamy Beef and Mustard Pasta

Serves 4

Time to cook: 15 minutes

450g (1lb) lean beef sirloin, rump, topside or frying steaks, cut into 5cm (2inch) strips

150g (5oz) dried pasta bows, or similar

5ml (1tsp) sunflower oil

1 small onion, peeled and finely chopped

50g (2oz) fine green beans, topped and cut in half

1 x 198g can sweetcorn, drained

150ml (½ pint) crème fraîche

30ml (2tbsps) wholegrain mustard

10ml (2tsps) grated lemon zest

Salt and pepper

30ml (2tbsps) freshly chopped chives

Cook the pasta according to the packet instructions, drain and set aside.

Meanwhile, heat the oil in a large pan or wok and cook the beef strips in batches for 3-4 minutes until brown.

Add the onions, beans and sweetcorn and cook for a further 3-4 minutes.

Mix together the crème fraîche with the mustard and lemon zest. Add to the pan with the beef and stir in the hot pasta. Season and add the chives.

Spoon into a large pasta bowl.

Serve immediately with crusty bread.