



## Irish Steak With Creamy Mushroom & Spinach Orzo

A hearty yet wholesome dish that showcases tender, seared Irish steak served alongside a flavourful orzo pasta infused with the earthy richness of chestnut mushrooms, the fresh vibrance of baby spinach, and the aromatic notes of garlic and shallots.

### Nutritional Info

Calories: 582 kcal

Carbohydrates: 39 g

Protein: 43 g

Fat: 26 g

### Ingredients

- Beef steak
- Parsley
- Baby Spinach
- Garlic
- Shallot

- Crème fraîche
- Orzo
- Stock Cube
- Chestnut mushrooms

### Your Pantry

- Olive Oil
- Salt
- Pepper

### Allergens

Wheat (Orzo)

Milk (Crème fraîche)


Celery (Stock cube - may also contain traces of Egg, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) Prepare the steaks

Remove the steaks from the fridge as early as you can - it works best if they get to room temp. Pat them dry with a paper towel, season with salt and pepper and a drizzle of olive oil. Set aside.

### 2) Boil the kettle

Make the stock up to 200 ml per person.

### 3) Prepare the vegetables

Peel and finely chop the shallot and garlic. Roughly chop the mushrooms and the spinach. Finely chop the parsley, setting a little aside for garnish later.

### 4) Cook the steaks

Place a pan on medium high heat. Once nice and hot, lay the steaks in. Cook for 2-3 minutes for rare, 4-5 minutes for medium, 6-7 minutes for well done. Remove from the pan, cover and leave them to rest, while you make the orzo.

### 5) Sauté the vegetables

Place a heavy based, non-stick pan or saucepan on medium heat. Add a drizzle of oil to the pan. Once hot, add the shallots to the pan and cook for 3-5 minutes or until softened, then add the garlic and mushrooms, cooking for a further 1-2 minutes or until the mushrooms are softened and any water has evaporated.

### 6) Cook the orzo

Pour the orzo into the pan with the veg and stir to coat it in everything. Add the stock and bring to a gentle simmer. Allow to bubble away until the orzo is cooked - should be about 8-10 minutes. Add more hot water if necessary and stir occasionally to prevent any sticking. Once cooked, stir in the baby spinach and cook until wilted, then stir in the crème fraîche and some of the parsley.

### 7) Serve the dish

Spoon the orzo into bowls. Slice the steak and lay it over the orzo. Garnish with the remaining parsley.



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