

Beef, Creamy Mushroom and Broccolini Penne

Serves: 2

Ingredient:

1 ½ cups wholemeal penne
1 tblspn sunflower oil
200g piece lean beef
1 cup diced onion
1 clove garlic - crushed
¾ cup diced carrot
90g flat mushrooms - diced
250g bunch broccolini or broccoli
1 cup light evaporated milk
2 tsp corn flour, blended with 2 tsp water

Method:

1. Bring 1¼ litres of water to the boil, add the penne and continue to boil for approximately 9-11 minutes or until pasta is cooked
2. Heat oil in a non-stick frypan over a medium heat
3. Add the beef to the pan and cook for 8-10 minutes, turning once, or cooked to your liking
4. Leave to rest in a warm place while preparing the sauce and vegetables
5. Add the onion and garlic to the pan and cook, stirring occasionally until soft 3-4 minutes
6. Add the carrot, mushrooms and broccolini and cook, stirring occasionally until soft
7. Stir in the evaporated milk and bring to the boil
8. Add the blended cornflour and stir until it thickens
9. Stir in the drained pasta and reheat
10. Meanwhile slice the beef finely across the grain and serve pasta topped with beef slices

Nutritional Information:

Per Serve

Energy	2746kJ
	656 cal
Protein	50g
Total Fat	21.5g
Saturated	4.4g
Fibre	17g
Carbohydrates	65g
Cholesterol	74mg
Sodium	261mg
GI Rating	Low

Source: Eat to Beat Cholesterol