

Sicilian Steak & Fregola Sarda

with Tomato Sauce
& Toasted Pine Nuts

PREP TIME: 5 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

Tonight's steak get an exciting twist from a southern Italian tomato sauce, made with garlic, capers and fresh oregano. We're browning the steaks for a flavorful crust, then adding them to the pan of sauce to gently finish cooking. To complete the dish, we're also tossing in fregola sarda (little pearls of toasted semolina pasta) and pine nuts, pan-toasted first to bring out their rich, slightly sweet notes.



BLUE APRON WINE PAIRING:

Château Rampeau Bordeaux, 2014

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Ingredients



1
STEAK



2/3 cup
FREGOLA SARDA
PASTA



1 15-oz can
DICED TOMATOES



2 cloves
GARLIC



1 bunch
OREGANO

KNICK KNACKS:



2 Tbsp
BUTTER



1 Tbsp
CAPERS



1 1/2 Tbsp
PINE NUTS



1/4 tsp
CRUSHED RED
PEPPER FLAKES



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Peel and roughly chop the garlic.
- ☐ Pick the oregano leaves off the stems; discard the stems and roughly chop the leaves.

2 Cook the pasta:

- ☐ Add the **pasta** to the pot of boiling water and cook 14 to 16 minutes, or until al dente (still slightly firm to the bite). Remove from heat.
- ☐ Reserving **¼ cup of pasta cooking water**, drain thoroughly and return to the pot.



3 Toast the pine nuts:

- ☐ While the pasta cooks, heat a medium, dry pan (nonstick, if you have one), on medium-high until hot.
- ☐ Add the **pine nuts** and toast, stirring frequently, 1 to 3 minutes, or until golden brown and fragrant.
- ☐ Transfer to a bowl. Wipe out the pan.

4 Sear the steak:

- ☐ While the pasta continues to cook, pat the **steak** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned steak and cook 2 to 3 minutes per side, or until lightly browned.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate.



5 Make the sauce & finish the steak:

- ☐ While the pasta continues to cook, to the pan of reserved fond, add the **garlic, capers, half the oregano, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **diced tomatoes**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly reduced in volume.
- ☐ Add the **seared steak** (and any juices from the plate) and cook 5 to 6 minutes for medium-rare, or until cooked to your desired degree of doneness.
- ☐ Turn off the heat. Leaving the sauce in the pan, transfer the steak to a cutting board and let rest for at least 5 minutes.



6 Finish the pasta & plate your dish:

- ☐ While the steak rests, to the pan of **sauce**, add the **cooked pasta, toasted pine nuts, butter, and remaining oregano**. (If the sauce seems dry, gradually add the reserved pasta cooking water to achieve your desired consistency.) Cook on low, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined. Season with salt and pepper to taste.
- ☐ Find the lines of muscle (or grain) on the **rested steak**; thinly slice crosswise against the grain.
- ☐ Divide the sliced steak and finished pasta between 2 dishes. Enjoy!