



servings: 4 | **prep time:** 30 minutes | **cook time:** 15 minutes | **cut:** sirloin | **method:** pan-sear

Mediterranean steak and pasta

For a quick and comforting meal, this Mediterranean Steak and Pasta will do the trick. Fettuccine noodles and pasta sauce with olives make this meal memorable.

INGREDIENTS:

- 4 *Chairman's Reserve*® beef round (sirloin) tip center steaks, cut ¾" thick (about 6 ounces each)
- 8 ounces fettuccine
- 1 jar (26 ounces) pasta sauce with olives
- 1 teaspoon dried oregano leaves, crushed
- ¼ cup finely shredded Italian cheese blend or mozzarella cheese
- 2 teaspoons chopped fresh parsley

DIRECTIONS:

1. Cook fettuccine according to package directions; drain and keep warm.
2. Heat large nonstick skillet over medium heat until hot. Place beef steaks in skillet; cook 11 to 13 minutes for medium-rare (145°F) doneness, turning twice. (Do not overcook.) Remove from skillet; keep warm.
3. Combine pasta sauce and oregano in same skillet; heat until hot. Return steaks to skillet; turn to coat with sauce. Place steaks on fettuccine; spoon sauce over all. Sprinkle steaks with cheese, allowing cheese to melt. Sprinkle with parsley.

servings: ¼ | **calories:** 390 | **total fat:** 10g | **sodium:** 930mg | **total carbohydrate:** 32g | **protein:** 42g