

Easy Dinners Beef Alfredo Pasta



Recipe Supplied by Australian Beef

Ingredients

4 Porterhouse Steaks (approx. 200-250g each)

2 Tablespoons Olive Oil (for searing)

10g Butter

180g Unsalted Butter

2 Shallots, finely diced

4 Cloves of Garlic, minced

1 Cup of Heavy Cream (250ml)

1 Cup (100g) of Freshly Grated Parmesan Cheese, plus extra to serve

400g Fettuccine

300g Asparagus, trimmed

1 Tablespoon Olive Oil (For Asparagus)

1 Tablespoon Fresh Parsley, finely chopped

1 Pinch Salt, to taste

1 Pinch Ground Black Pepper, to taste

Method:

1. Prepare the steak:
2. Pat the steaks dry with paper towels. Season both sides generously with salt and pepper.'
3. Cook the pasta:
4. Bring a large pot of salted water to a boil. Add the fettuccine and cook according to package instructions until al dente. Reserve 1 cup of pasta cooking water, then drain and set aside.
5. Roast the Asparagus
6. Preheat the oven to 190°C. Place the trimmed asparagus on a baking sheet, drizzle with olive oil, and season with salt and pepper. Toss to coat evenly, then roast for 10–12 minutes until tender and slightly browned.
7. Sear the Steaks
8. Heat the oil in a large skillet over medium-high heat. Add the steaks and sear for 2–3 minutes per side, or until your desired doneness. Add the butter in the last minute and baste the steaks.
9. Remove the steaks from the pan and rest on a cutting board tented with foil for 5 minutes.
10. Prepare the Alfredo Sauce:
11. Melt the unsalted butter in a pan over medium heat. Add the shallots and sauté for 2–3 minutes until translucent. Stir in the garlic and cook for 1 minute until fragrant.
12. Pour in the heavy cream and bring to a gentle simmer. Whisk in the Parmesan and parsley until smooth and creamy. Season with salt and pepper. Gradually add the reserved pasta water until the desired consistency is reached.
13. Add the cooked fettuccine to the sauce and toss to coat evenly.
14. Slice the Steaks:
15. Slice the rested steaks against the grain into thin strips.
16. Assemble and Serve