

Welcome To The



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TRANSFORMING EVERY DAY MEALS WITH SIMPLE INGREDIENTS AND BASIC COOKING TECHNIQUES

Cook-Along featuring Top Sirloin Filets with Spinach-Lemon Pesto Pasta

I am excited to cook with you! A few things to keep in mind before class starts. Read the recipe and make sure to prep the items noted. Take out all the ingredients and equipment needed for the class.



Your Instructor:

Julie Lopez is a registered dietitian and chef residing in New Jersey. Her passion is to educate about nutrition through food.

She is the owner and creator of [Chef Julie RD](#) and [Virtual Teaching Kitchen](#). Her goal is to help others gain confidence in the kitchen and lead healthier lives.

SHOPPING LIST

Please note: Be sure to check the recipe notes to see what ingredients need to be prepped in advance.

Pantry Items:

- ☐ 3 cups (uncooked) bow tie pasta
- ☐ 1/4 cup sliced almonds
- ☐ 1/2 tsp smoked paprika
- ☐ 2 tbsp olive oil
- ☐ salt
- ☐ pepper

Produce:

- ☐ 1 cup cherry tomatoes
- ☐ 1 lemon
- ☐ 2 cloves garlic
- ☐ 2 cups baby spinach

Dairy:

- ☐ 1/3 cup finely grated Parmesan cheese

Meat:

- ☐ 2 beef Top Sirloin Filets, cut 1-3/4 to 2 inches thick (about 1 pound)

Feel free to sub ingredients due to allergies or preferences.



EQUIPMENT LIST

- ☐ chef's knife
- ☐ cutting board
- ☐ large ziplock bag
- ☐ microplane
- ☐ measuring spoons
- ☐ measuring cups
- ☐ tongs
- ☐ heavy, ovenproof large skillet
- ☐ oven mitts
- ☐ food processor
- ☐ rubber spatula
- ☐ citrus juicer



TOP SIRLOIN FILETS WITH SPINACH-LEMON PESTO PASTA



4 servings



50 minutes

Ingredients

- 2 beef Top Sirloin Filets, cut 1-3/4 to 2 inches thick (about 1 pound)
- 3 cups uncooked bow tie pasta
- 1 cup cherry tomatoes, cut into quarters
- Grated Parmesan cheese (optional)
- Toasted sliced almonds (optional)

Marinade:

- Grated peel from 1/2 lemon
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon pepper

Pesto:

- 2 cups packed fresh baby spinach
- 1/3 cup grated Parmesan cheese
- 1/4 cup sliced almonds, toasted
- Grated peel from 1/2 lemon
- 1 tablespoon fresh lemon juice
- 1 clove garlic, chopped
- 2 tablespoons olive oil



Prepare these ingredients beforehand if you plan to cook along.



PREP LIST

- cook pasta according to the package directions
- preheat oven to 350 degrees F



TOP SIRLOIN FILET

SIRLOIN PRIMAL

Tender, thick and perfectly portioned from larger Top Sirloin Steaks. Season simply with salt and pepper or your favorite rub before grilling.



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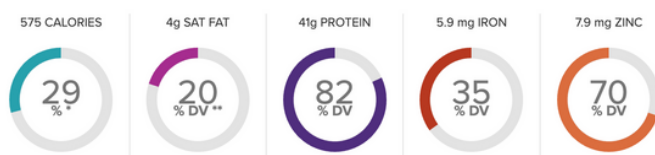


Directions:

1. Combine Marinade ingredients in small bowl. Place beef filets and marinade in food-safe plastic bag; turn filets to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Preheat oven to 350°F. Remove filets from marinade; discard marinade. Heat heavy, ovenproof, nonstick skillet over medium heat until hot. Place filets in skillet and brown 2 minutes; turn filets over and place skillet into preheated oven.
3. Cook in 350°F oven 19 to 23 minutes for medium rare; 24 to 28 minutes for medium doneness.
4. Meanwhile, cook pasta according to package directions, reserving 2 tablespoons pasta cooking water for Pesto before draining.
5. Prepare pesto. Place spinach, cheese, almonds, lemon juice and peel and garlic in food processor container. Cover; process until coarse paste forms. With motor running, slowly add oil and reserved pasta water through opening in cover, processing until smooth. Combine tomatoes, pesto and pasta in large bowl; toss to combine. Season with salt and pepper, as desired; set aside.
6. Remove filets from oven when internal temperature reaches 135°F for medium rare; 150°F for medium. Transfer filets to carving board; tent loosely with aluminum foil. Let stand 5 to 10 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
7. Carve filets into slices; arrange over pasta. Garnish with additional cheese and almonds, if desired.



Nutrition Facts:



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