

Garlic Beef Pasta

A healthy and flavorful Italian dish made with tender beef, garlic, pasta, and tomatoes, topped with a creamy yogurt sauce.



Main Dish

Italian

30 min

Total time

Easy

Difficulty

500

kcal / serving

Ingredients

- 150g beef sirloin, thinly sliced
- 2 cloves of garlic, minced
- 100g whole wheat pasta
- 200g cherry tomatoes, halved
- 100g plain yogurt
- Salt and pepper to taste

Steps

- 1 Cook the pasta according to package instructions. Drain and set aside.
- 2 In a large skillet, heat some olive oil over medium heat. Add the minced garlic and sauté for a minute until fragrant.
- 3 Add the beef slices to the skillet and cook until browned and cooked through, about 3-4 minutes per side.
- 4 Add the cherry tomatoes to the skillet and cook for another 2-3 minutes until they start to soften.
- 5 Season with salt and pepper to taste.
- 6 In a small bowl, mix the plain yogurt with a pinch of salt.
- 7 Serve the cooked pasta onto plates, top with the garlic beef mixture, and drizzle with the yogurt sauce.
- 8 Garnish with fresh herbs if desired.
- 9 Enjoy your healthy and delicious Garlic Beef Pasta!