

Foodnity Recipes

Garlic Steak Tortellini

Hearty garlic steak tortellini that brings together tender beef and aromatic pasta in minutes.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb steak (sirloin or ribeye), thinly sliced
- [ ] 12 oz garlic-flavored tortellini (fresh or frozen)
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp butter
- [ ] 1 tbsp olive oil
- [ ] 1/4 cup grated Parmesan
- [ ] 2 tbsp fresh parsley, chopped
- [ ] Zest of 1 lemon
- [ ] Salt and freshly ground black pepper to taste

Optional Add-ins

- [ ] A handful of baby spinach
- [ ] Red pepper flakes for a touch of heat

Instructions

1. Pat the steak slices dry, season with salt and pepper, and set aside.
2. Heat olive oil in a large skillet over medium-high heat. Add the steak and sear for 2-3 minutes until browned but still pink inside. Remove and keep warm.
3. In the same skillet, reduce heat to medium, add butter and minced garlic. Sauté until fragrant, about 30 seconds.
4. Add the tortellini directly to the pan, stirring to coat with the garlic butter. Cook for 4-5 minutes until al dente, adding a splash of broth if needed.
5. Return the steak to the pan, toss everything together, then stir in the lemon zest, parsley, and Parmesan. Adjust seasoning.
6. Serve immediately, garnished with extra Parmesan and a drizzle of olive oil.

Nutrition per serving

420 kcal	30 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using frozen tortellini, do not thaw beforehand – it helps them stay firm.
- A quick splash of white wine deglazes the pan nicely, but skip if avoiding alcohol.
- For a richer sauce, finish with a drizzle of cream just before serving.