


 35
MINUTES

3 cups broccoli florets (about 1 in. each)
3 tbsp. soy sauce
1 tbsp. Sriracha (Asian red chili sauce)
1 tbsp. chopped fresh cilantro, plus more
for garnish

¼ tsp. freshly ground black pepper

3 medium tomatoes, cut into 1-in.-thick wedges

1. Bring a large pot of salted water to boil. Add fusilli. Cook until tender to the bite, 5 to 10 minutes. Drain and set aside.
2. Meanwhile, heat the oil in a large frying pan over medium-high heat. When oil is hot, add beef and cook until it starts to brown, about 3 minutes. Stir and let it continue to brown for 2 to 3 minutes more. Transfer beef to a plate, reserving oil, and set aside.
3. Add onion to the pan and cook, stirring often, until it begins to brown, 2 to 3 minutes. Add broccoli and cook until bright green, 2 to 3 minutes. Add soy sauce, Sriracha, cilantro, and pepper. Cook, stirring frequently, about 3 minutes. Add tomatoes and reserved beef and cook until tomatoes begin to release their juices, 2 to 3 minutes longer. Add the cooked fusilli, stir, and cook until most of the liquid has evaporated or been absorbed by the pasta, 2 to 3 minutes. Season to taste with additional soy sauce or Sriracha. Serve hot with a sprinkling of fresh cilantro, if desired.

PER SERVING 596 CAL., 39% (234 CAL.) FROM FAT;
34 G PROTEIN; 26 G FAT (7.9 G SAT.); 58 G CARBO
(6.4 G FIBER); 1,276 MG SODIUM; 76 MG CHOL.

Spicy beef noodles

Part stir-fry, part pasta, this zesty mix of beef, broccoli, and tomato is a meal in itself

BY MOLLY WATSON PHOTOGRAPH BY JAMES CARRIER

Beef with tomatoes, pasta, and chili sauce

While researching a story on Peruvian cooking ("Peruvian Passage," June 2006), we came across tallarin saltado, a popular fusion dish that combines Asian stir-fry techniques with beef, fresh tomatoes, Asian chili sauce, and Italian spaghetti. It was a hit here at *Sunset*: It's fast and easy, and you can substitute other meats, vegetables, or different kinds of pasta. This is our favorite combination, using broccoli and fusilli.

PREP AND COOK TIME 35 minutes

MAKES 4 servings

NOTES Slicing the beef is easier if it has been chilled for 20 to 30 minutes in the freezer. For less spicy heat, decrease or leave out the chili sauce.

½ lb. fusilli pasta

2 tbsp. vegetable oil

1 lb. beef sirloin, halved lengthwise
and cut into ¼-in.-thick slices

1 large onion, halved lengthwise
and cut into thin wedges

Variations

This dish is extremely flexible, and the soy-chili sauce tastes great with any of the following additions and/or substitutions.

CHICKEN OR SHRIMP Use 1 lb. boned, skinned chicken breasts cut into ¼-in.-thick strips, or 1 lb. medium shelled and deveined shrimp.

OTHER VEGETABLES Add your favorite green vegetable (such as green beans or zucchini) in addition to or in place of the broccoli. You can also toss in a thinly sliced red or green bell pepper or 1 cup thinly sliced green cabbage (add at the same time as the onion).

SWAP PASTAS Try using penne pasta instead of fusilli. Or, for a more authentically Peruvian version, use spaghetti. ■