TABLE DANCE RECIPE

Beef & Veggie Delight w/ Orange Basil Fettuccine

Enjoy dinner conversation with deep flavors of cumin and citrus. Pairs well with cabernet sauvignon.

Ready in **20 minutes** Serves **2 people**



280 Calories, 85 mg Sodium, 32g Total Carbohydrates, 2g Fiber, 25g Protein, 10g Iron

Ingredients

- Stella Bistro Foods Orange Basil Fettuccine (coming soon)
- Stella Bistro Foods MR⁴ Sultry Spice (Spice to taste bud desire)
- Stella Bistro Foods UNI Sultry Spice
- 4 c water
- 2 tbsp butter or margarine of choice
- 4 oz. Protein of your choice, optional (**RECOMMENDED**: *Kabob sized beef cuts, cubed*)
- Vegetable of your choice (**RECOMMENDED:** *zucchini, quartered)*
- 1 Lime or 1 tbsp lime juice

Preparation

1. **Rub a teaspoon MR⁴ and UNI into protein.** Apply MR⁴ to cubed zucchini. *(See step 2, if using frozen vegetables.)* Set aside for a few minutes.
2. Bring water to a boil. Add salt and tbsp of oil. Add fettuccine noodles or pasta of choice. Reduce heat to medium, stirring occasionally for 8 to 9 minutes or until al dente.

   If you're using frozen vegetables, add them 5-6 minutes prior to doneness of fettuccine.
3. **Grill or sear your protein.** Cook your protein thoroughly or desired temperature. When done, allow your protein to rest for 5 to 7 minutes.
4. **Drain Orange Basil Fettuccine and vegetables**, add butter. Toss.

Place protein atop of Orange Basil Fettuccine and vegetables. Sprinkle MR⁴ and UNI and lime juice a top for extra element of flavor.

Purchase UNI Sultry Spice and MR⁴ Sultry Spice at www.amazon.com!

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