

Yoghurt Pasta with Spiced Beef & Fresh Herb Shallot Salad

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Gather & Feast

Here's a fresh twist on pasta night. A Middle Eastern-inspired creamy yoghurt pasta with spiced beef and a punchy herb salad. It's vibrant and full of contrast - perfect for an easy dinner at home, but equally fantastic served on a large platter for a dinner party or BBQ. The simple star of the dish is the smooth, creamy Greek style yoghurt - it clings beautifully to the pasta and complements all those bold, fresh flavours.

SERVES 4 | **PREP TIME** 20 minutes | **COOK TIME** 25 minutes | **TOTAL TIME** 45 minutes

INGREDIENTS

Spiced Beef Mince

- 1 tablespoon extra virgin olive oil
- 1 large brown onion, peeled and finely sliced (or diced, if preferred)
- 1 tablespoon whole fennel seeds
- 1 teaspoon ground coriander seed
- 1 teaspoon smoky paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon Aleppo pepper (or chilli flakes, to taste)
- 500g beef mince (lamb mince also works beautifully)
- 2 large cloves garlic, freshly grated or crushed
- 2 tablespoons tomato paste
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh dill, finely chopped
- 1 large handful fresh flat-leaf parsley, roughly chopped
- Salt, to taste

Yoghurt Pasta

- 250g (1 cup) full fat unsweetened thick Greek-style yoghurt (I've used Tamar Valley)
- 1 clove garlic, freshly grated or crushed
- Zest of 1/2 large lemon
- 1 tablespoon fresh dill, finely chopped



- 1 tablespoon extra virgin olive oil
- Salt, to taste
- 350g short dried pasta, such as rigatoni, mezze maniche, conchiglie (shells), or paccheri

Fresh Herb & Shallot Salad

- 2 large handfuls flat-leaf parsley, finely chopped
- 1 tablespoon fresh dill, finely chopped
- 1 small shallot, very finely sliced (omit if you prefer a milder flavour)
- Zest of 1/2 large lemon and juice of the whole lemon
- 1 tablespoon extra virgin olive oil
- 4 tablespoon roasted slivered almonds (or roughly chopped whole roasted almonds)
- Pinch of flaky salt, to taste

METHOD

Spiced Beef Mince

1. Heat the olive oil in a large frypan over medium heat. Add the onion and spices, stirring for 1–2 minutes until fragrant.
2. Add the beef mince and cook, stirring, until browned.
3. Stir in the garlic and cook briefly until aromatic.
4. Push the mixture to one side of the pan and add the tomato paste to the other side. Cook until it turns deep red, then stir it through the beef.
5. Add the red wine vinegar, dill, and parsley.
6. Taste and season with salt as needed.

Yoghurt Pasta

1. In a large mixing bowl, combine the yoghurt, garlic, lemon zest, dill, olive oil, and salt. Set aside.
2. Cook the pasta according to packet instructions. Before draining, reserve about 1/2 cup of the pasta water.
3. Add the hot, drained pasta to the yoghurt mixture and toss to combine.
4. Add a little reserved pasta water as needed to loosen the sauce - particularly if the pasta has cooled slightly when you come to serve.

Fresh Herb & Shallot Salad

1. In a medium bowl, combine the parsley, dill, shallot, lemon zest and juice, and olive oil.
2. Toss and season with salt to taste.
3. Add the almonds just before serving to keep them crunchy.

To Assemble

1. Spoon a generous serving of yoghurt pasta into a bowl.
 2. Top with the spiced beef and finish with a spoonful of the vibrant herb salad.
 3. Drizzle with good-quality extra virgin olive oil and a crack of black pepper.
- Alternatively, serve it as a large sharing platter - layer the pasta, beef, and salad, then finish with olive oil and pepper for everyone to help themselves.

NOTES

Yoghurt tip: Use a thick creamy full fat Greek yoghurt for a creamy, stable sauce that won't split when combined with hot pasta.

Pasta choice: Short, ridged shapes hold the sauce best and make the dish easy to eat.

Spice levels: Aleppo pepper gives a subtle warmth without overpowering the dish - add more or less to taste.

Serving idea: This dish is delicious warm, but also lovely at room temperature - great for entertaining.

Storage: Store components separately in airtight containers for up to 3 days. Reheat the beef and refresh the salad before serving.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/yoghurt-pasta-spiced-beef-fresh-herb-shallot-salad>

Let me know if you make the recipe! x @gatherandfeast