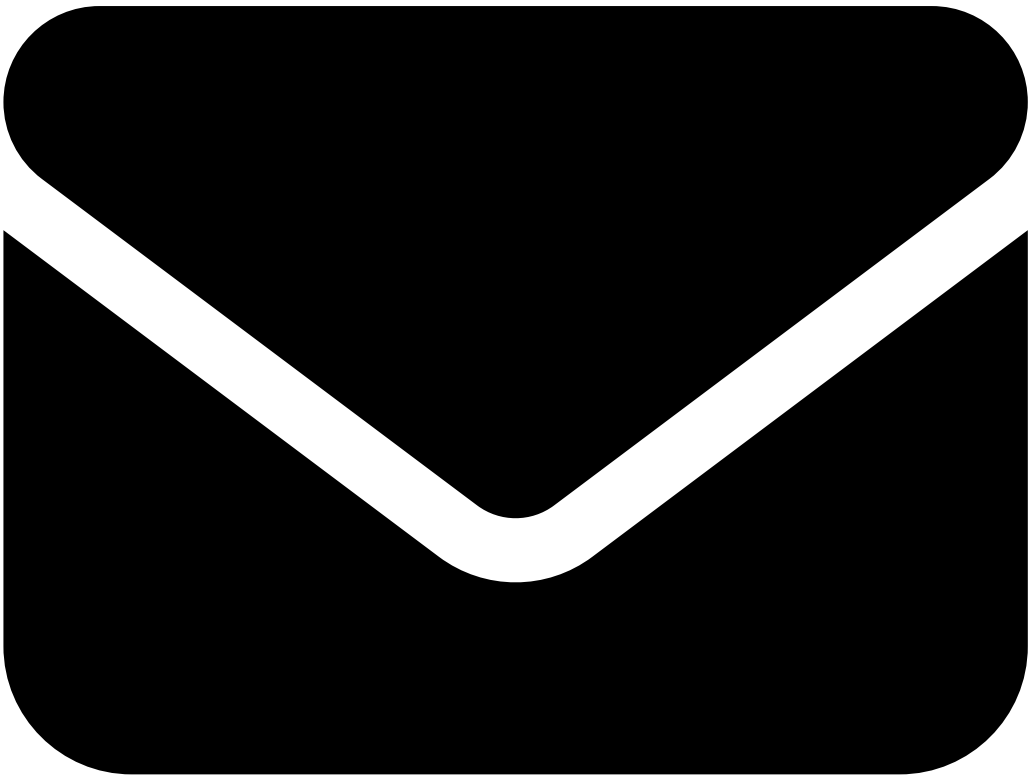
Steak Pappardelle Pasta

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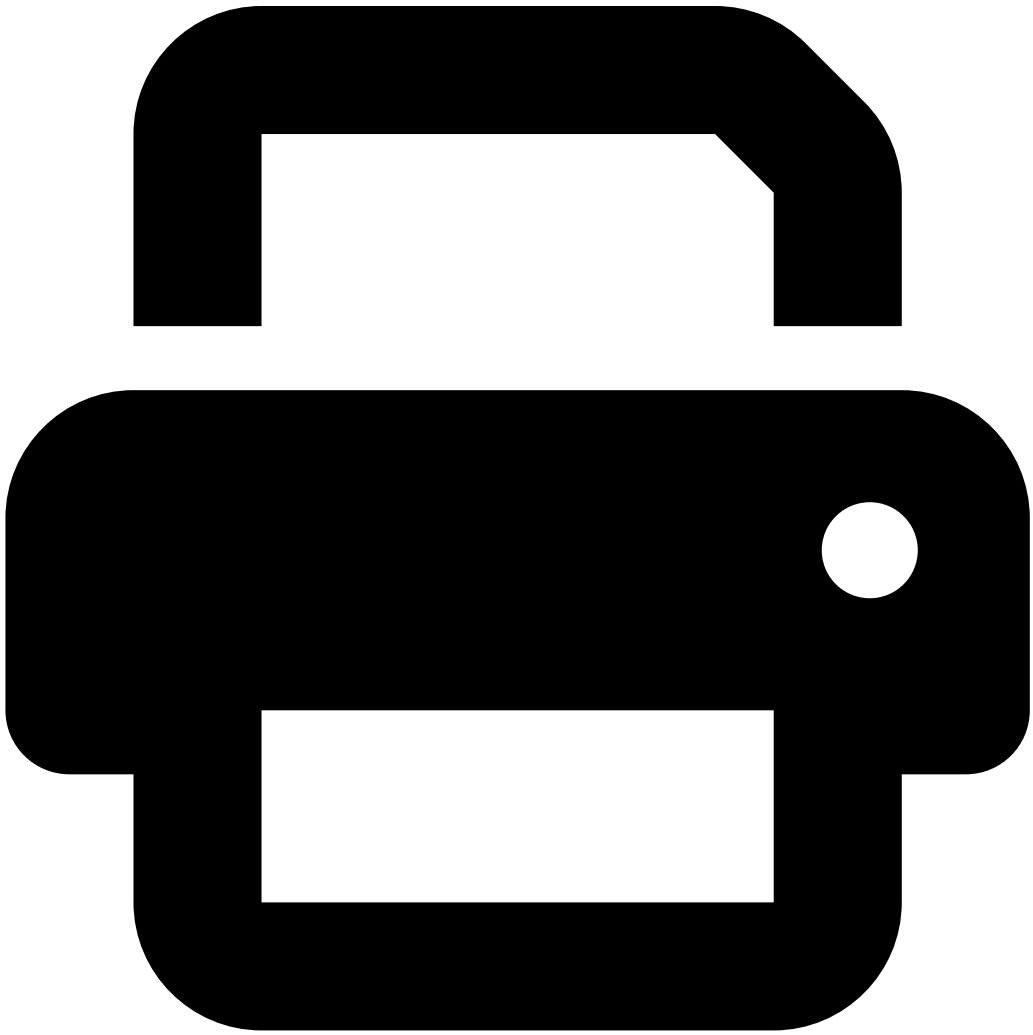









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This lightened up steak and pappardella pasta recipe can be on your table in less than 30 minutes. That’s right a restaurant quality meal without leaving home.
I lightened this recipe, by not using cream. Instead I added starchy pasta water, chicken stock and one pad of butter coated with flour to produce a rich, creamy sauce without the cream or the guilt.

Not only is this meal delicious, it’s quick, easy, uses few ingredients, and your family and friends will love it.

When am stuck for dinner ideas it’s pasta to the rescue.

What Is Papparedelle

Papperadelle are large, broad flat pasta noodles, originating from the region of Tuscany, where I was born. Is that why I have a fondness for this shape pasta?

The name papperedelle also originates from the Tuscan dialect the verb “pappare” means eating with childish joy and pleasure. I can still see my mother standing at the counter, rolling out the pasta dough by hand, on a board my father made for her.

I was joyous standing knee high next to my Mama as she rolled the pasta dough paper thin, then cut it into large long noodles.

Yes it was childish joy and the pleasure was, I knew that dinner was near and it was going to be delicious.

This recipe is inspired from one of my Mama’s recipe, except you don’t have to make homemade pasta!!! No, you can use store bought papperedelle.

In the restaurant this pasta is made by hand, by prep cooks using a commercial pasta machine. If you don’t have prep cooks or a commercial pasta machine store bought papperedelle works just fine.

I make homemade pasta when I have time using a pasta machine for the home kitchen. Making homemade pasta is not difficult, but it does require time, that we don’t always have.

The other thing is you can customize this recipe to fit your lifestyle and taste, by changing up the pasta. Whole wheat or gluten free pasta works it this recipe, if you want to go that route.

Let me know how this recipe works for you. Please leave me a comment and don’t forget to tag me on Instagram that’s my favorite part!

Steak Pappardelle Pasta



Tender strips of sirloin, colorful peppers, and pappardelle are tossed in a savory Parmesan sauce for a hearty pasta that's rich, comforting, and packed with Italian flavor.

- 8 oz dried pappardella pasta
- 16 oz sirlion steak cut into strips
- 2 tbsp butter
- 2 tbsp olive oil
- 1 red and green bell pepper cut into strips
- 2 cups chopped spinach
- 1 medium onion chopped
- 3 tbsp chopped garlic
- 2 cups reserved pasta water
- 2 cups chicken stock
- 1 cup parmesan cheese
- 2 tbsp each: chopped Italian parsley. thyme and basil
- salt and pepper to taste

1. Cook pasta according to package directions reserving 2 cups of the pasta water
2. In a large skillet saute the onions and peppers until brown
3. Add garlic saute until limp
4. Add the steak salt and pepper NOW

5. Saute steak until brown being sure not to overcook the meat
6. Add reserved pasta water and chicken broth
7. Coat one 1 tablespoon of butter with flour add it to the pan
8. Simmer covered 10 minutes
9. Add spinach and herbs last 5 minutes
10. Toss Pappardelle with steak sauce
11. Add in parmesan cheese.