

Calabrian Lasagna with Grilled Flank Steak
Receipt for 2 servings

5oz Chickpeas dried and soak overnight
1 bay leaf
2 cloves of garlic – sliced
1 ¼ oz celery – fine chopped
3oz onion – fine chopped
1 oz parsley – chopped
6oz red bell pepper - roasted
6 ounces cherry tomatoes – roasted
1 orange – zest and juice
10oz flank steak
3 oz dried gluten free fusilli pasta
2 teaspoon extra virgin olive oil
2 teaspoon salt free seasoning
½ teaspoon kosher salt
½ lbs Spinach or Baby Chard

Method:

1. Place soaked chickpeas with water to cover by 1 inch with bay leaf and a pinch of salt free seasoning and pressure cook for 40 minutes. Then cool when done.
2. Take half of the orange juice, 2 leaves of basil, and black pepper and marinate the flank steak.
3. Roast tomatoes in the oven until volume is reduced by half.
4. Blacken the bell pepper over an open flame, cover to steam, then peel (saving the juice)
5. Drop fusilli in boiling water and cool al dente.

For Service

1. Take onion, celery, and garlic and sauté in 1 t olive oil. Add chick pea cooking liquid to taste, season with herbs and salt free seasoning, add tomatoes, and puree half the mix.
2. Grill the steak until medium then pull and rest.
3. Toss spinach, chickpeas, fusilli, herbs, and liquid from roasted peppers in to sauce and plate.
4. Top with fanned steak, herbs, ricotta, extra virgin olive oil, and spice.
5. Enjoy with friends.