

Bite Spoon

Garlic Steak Tortellini

Tender steak meets cheesy tortellini in a garlic-infused butter sauce—ready in under 30 minutes.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb sirloin steak, thinly sliced
- [ ] 12 oz cheese tortellini (fresh or frozen)
- [ ] 3 tbsp unsalted butter
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp olive oil
- [ ] Juice of ½ lemon
- [ ] ¼ cup grated Parmesan cheese
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tsp fresh parsley, chopped (optional)

Instructions

1. Pat the steak strips dry, season with salt and pepper, and set aside.
2. Heat olive oil in a large skillet over medium-high heat, then add the steak strips; sear until browned, about 2-3 minutes per side. Transfer steak to a plate.
3. In the same skillet, melt butter, add minced garlic, and sauté until fragrant, about 30 seconds—watch carefully to avoid burning.
4. Add cooked tortellini to the skillet, tossing to coat in the garlic butter; cook for 2 minutes.
5. Return the steak to the pan, drizzle lemon juice, sprinkle Parmesan, and toss everything together until heated through.
6. Taste and adjust seasoning; garnish with chopped parsley if desired, and serve immediately.

Nutrition per serving

420 kcal	28 g	31 g	22 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If using frozen tortellini, do not over-cook; aim for al dente so it holds its shape.
> - A splash of pasta cooking water can help loosen the sauce if it feels thick.
> - For extra depth, add a pinch of red pepper flakes during the garlic step.