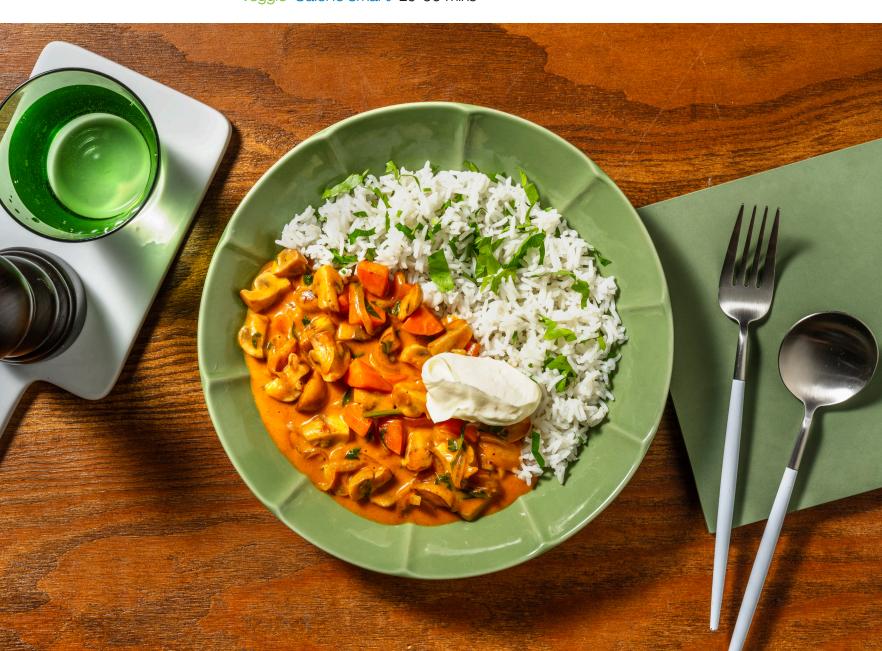


Mushroom Stroganoff with cooling creme fraiche and parsley rice

Veggie Calorie Smart 25-30 mins









Mushrooms



Worcester Sauce





Vegetable Stock









Carrot

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, pot with lid

Ingredients

	2P	4P
Mushrooms	250 g	500 g
Rice	150 g	300 g
Worcester Sauce	2 sachets	4 sachets
Creme Fraiche	125 g	250 g
Mustard	2 sachets	4 sachets
Vegetable Stock	1 sachet	2 sachets
Parsley	20 g	40 g
Onion	1 unit	2 units
Paprika	2 sachets	4 sachets
Carrot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	426.5 g	100 g
Energy (kJ/kcal)	2230.1 kJ/ 533 kcal	522.9 kJ/ 125 kcal
Fat (g)	17.6 g	4.1 g
Sat. Fat (g)	9.6 g	2.3 g
Carbohydrate (g)	83.3 g	19.5 g
Sugars (g)	14.7 g	3.4 g
Protein (g)	13.3 g	3.1 g
Salt (g)	2.9 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- · Cook for 10 mins then remove from the heat.
- Keep covered for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Get Prepped

- While the **rice** cooks, quarter the **mushrooms**. Chop any larger pieces so all are evenly sized.
- Roughly chop the **parsley** (stalks and all).
- · Halve, peel and thinly slice the onion.
- Trim the **carrot** then quarter lengthways (no need to peel). Chop widthways into small pieces.



Fry the Veg

- Place a large pan over high heat with a drizzle of oil.
- Fry the onion, carrot and mushrooms until softened, stirring occasionally, 6-8 mins.
- Season with **salt** and **pepper**. Lower the heat to medium-high.
- Add the **paprika** and cook for 1 min more.



Make the Sauce

- Stir the stock powder into the pan along with 75ml water (double for 4p).
- Add the **mustard**, **Worcester sauce** and **half** the chopped **parsley**.
- Cover and simmer for 8-10 mins. Stir every 4 mins or so to prevent sticking.
- Once cooked, remove from the heat and stir through half the creme fraiche.
- · Season to taste with salt and pepper.

TIP: Loosen the sauce with a splash of water if necessary.



Garnish the Rice

- Add the remaining chopped **parsley** to the **rice**.
- Mix to ensure it's evenly distributed throughout, fluffing it up as you go.



Plate and Serve

- Serve the fragrant mushroom stroganoff alongside the parsley rice.
- Top with a dollop of the remaining creme fraiche.

Enjoy!