



Mushroom Stroganoff

with cooling creme fraiche and parsley rice

Veggie Calorie Smart 25-30 mins

14



Mushrooms



Rice



Worcester Sauce



Creme Fraiche



Mustard



Vegetable Stock



Parsley



Onion



Paprika



Carrot

Pantry Items: Water, Salt, Oil, Pepper



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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
Crema Fraiche	110 g	220 g
Mustard	2 sachets	4 sachets
Vegetable Stock	1 sachet	2 sachets
Parsley	10 g	20 g
Onion	1 unit	2 units
Paprika	2 sachets	4 sachets
Carrot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	414 g	100 g
Energy (kJ/kcal)	2141 kJ/ 512 kcal	517 kJ/ 124 kcal
Fat (g)	16.2 g	3.9 g
Sat. Fat (g)	8.6 g	2.3 g
Carbohydrate (g)	82 g	19.5 g
Sugars (g)	12.6 g	3 g
Protein (g)	13.8 g	3.3 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.

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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).



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 few mins to prevent sticking.
- Once cooked, remove from the heat and stir through the **crema fraiche**.
- Season to taste with **salt** and **pepper**.

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



Get Prepped

- While the **rice** cooks, roughly chop the **mushrooms**.
- 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.



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.



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.

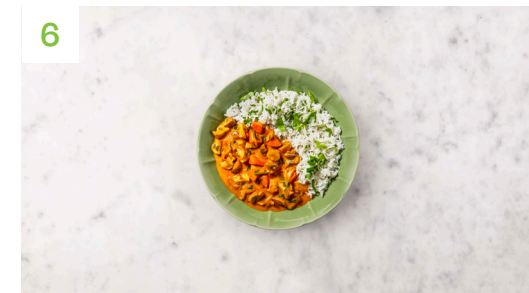


Plate and Serve

- Plate up the **parsley rice**.
- Serve the fragrant **mushroom** stroganoff alongside.

Enjoy!