



# Beef Stroganoff

with mushrooms and creamy mash

Family Quick Cook 20 – 25 mins

23



Beef Strips



Mushrooms



Creme Fraiche



Potatoes



Parsley



Paprika



Beef Stock



Garlic



Carrot

Pantry Items: Water, Oil, Salt, Pepper, Butter, Milk (Optional)



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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

Colander, grater, pot with lid, potato masher

## Ingredients

	2P	4P
Beef Strips	250 g	500 g
Mushrooms	150 g	250 g
Creme Fraiche	110 g	220 g
Potatoes	600 g	1200 g
Parsley	5 g	10 g
Paprika	2 sachets	4 sachets
Beef Stock	1 sachet	2 sachets
Garlic	1 unit	2 units
Carrot	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>647 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2384.9 kJ/ 570 kcal	368.6 kJ/ 88.1 kcal
Fat (g)	15.1 g	2.3 g
Sat. Fat (g)	10.2 g	1.6 g
Carbohydrate (g)	67.8 g	10.5 g
Sugars (g)	9 g	1.4 g
Protein (g)	37.8 g	5.8 g
Salt (g)	2.6 g	0.4 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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## Make the Mash

- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- When boiling, add the **potatoes** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.

**TIP:** If you're in a hurry you can boil the water in your kettle.



## Soften the Veg

- Return the pan to high heat with another drizzle of **oil**.
- When hot, add the **mushrooms** and **carrots** to the pan and season with **salt** and **pepper**.
- Fry until softened, stirring occasionally, 5-6 mins.
- When 1 min of cooking time remains, add the **garlic** and fry until fragrant.



## Get Prepped

- Meanwhile, roughly chop the **mushrooms**.
- Roughly chop the **parsley** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot** and quarter lengthways (no need to peel). Chop widthways into 1cm pieces.



## Simmer the Sauce

- Lower the heat to medium and add the **paprika**, **stock**, **creme fraiche** and **half** the **parsley** to the pan.
- Stir in 75ml **water** (double for 4p) and leave to simmer until slightly thickened, 3-4 mins.
- Add the **beef strips** and stir to warm through and coat with the sauce.
- Season to taste with **salt** and **pepper**.

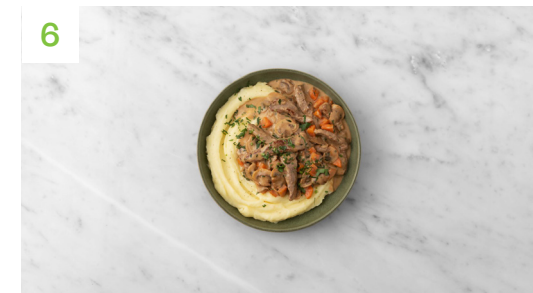
**TIP:** Add a splash of water to loosen the sauce if necessary.



## Sear the Beef

- Place a large pan over high heat with a drizzle of **oil**.
  - Once hot, fry the **beef strips** until browned, shifting as they colour, 2-3 mins. Season with **salt** and **pepper**.
  - Once seared, remove from the pan and set aside.
- IMPORTANT:** Wash hands and equipment after handling raw meat. Meat is safe to eat when the outside is browned.

**TIP:** You don't want to overcrowd the pan—cook in batches if necessary!



## Garnish and Serve

- Dish up a hearty helping of mashed **potato**.
- Top with the creamy **beef** stroganoff.
- Garnish with a sprinkling of the remaining **parsley**.

**Enjoy!**