



Beef Stroganoff Style Noodles

with mushrooms and creme fraiche

Calorie Smart 20 – 25 mins

24



Beef Strips



Udon Noodles



Mushrooms



Paprika



Creme Fraiche



Scallion



Worcester Sauce



Stock

Pantry Items: Salt, Pepper, Oil, Water



Rate your recipe!

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.

Ingredients

	2P	4P
Beef Strips	250 g	500 g
Udon Noodles	300 g	600 g
Mushrooms	250 g	500 g
Paprika	2 sachets	4 sachets
Creme Fraiche	110 g	220 g
Scallion	1 unit	2 units
Worcester Sauce	1 sachet	2 sachets
Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	473.5 g	100 g
Energy (kJ/kcal)	2259.4 kJ/ 540 kcal	477.2 kJ/ 114 kcal
Fat (g)	15.4 g	3.3 g
Sat. Fat (g)	10.1 g	2.1 g
Carbohydrate (g)	52.6 g	11.1 g
Sugars (g)	5.2 g	1.1 g
Protein (g)	40.1 g	8.5 g
Salt (g)	2.8 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

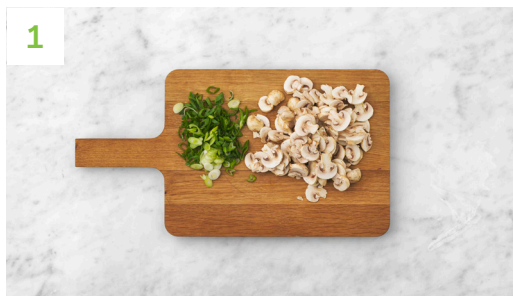
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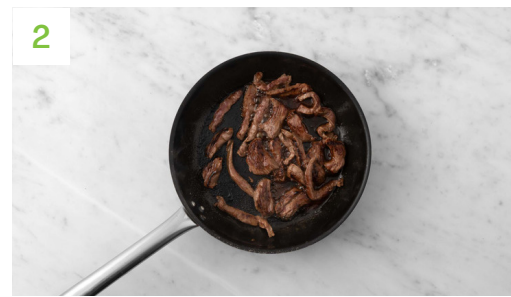


You can recycle me!



Get Prepped

- Roughly chop the **mushrooms**.
- Trim and thinly slice the **scallion**.



Fry the Beef Strips

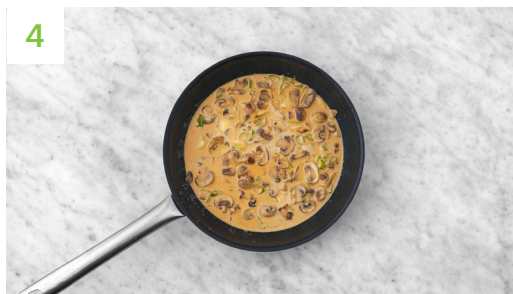
- Place a large pan over high heat with a drizzle of **oil**.
 - Once hot, fry the **beef strips** until browned, shifting as they colour, 2-3 mins. Season with **salt** and **pepper**.
 - Once seared, remove from the pan and set aside.
- IMPORTANT:** Wash hands and equipment after handling raw meat.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

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



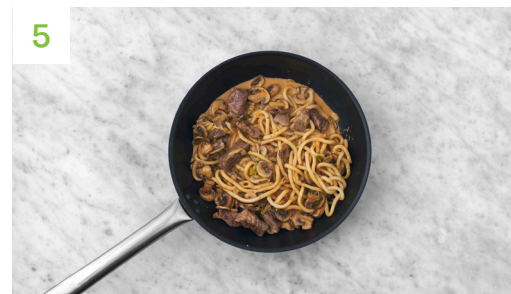
Cook the Veg

- Return the pan (no need to wipe) to high heat with another drizzle of **oil**.
- When hot, add the **mushrooms** and season with **salt** and **pepper**.
- Fry until softened, stirring occasionally, 5-6 mins.



Simmer the Sauce

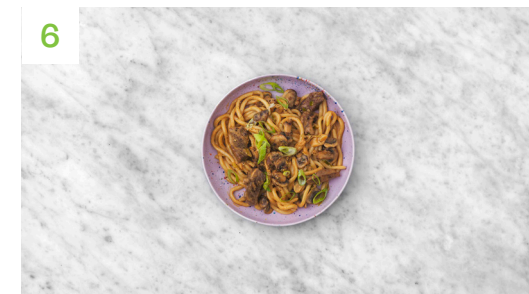
- Lower the heat to medium-high and add the **creme fraiche**, **paprika**, **Worcester sauce**, **stock** and **half the scallion** to the pan.
- Stir in 75ml **water** (double for 4p) and leave to simmer until slightly thickened, 3-4 mins.
- Add the **beef strips** and stir to warm through and coat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



Add the Noodles

- Carefully separate the **noodles** by hand then add to the pan and gently toss in the sauce until softened, 1-2 mins.
- Season to taste with **salt** and **pepper**. Add a splash of **water** to loosen the sauce if necessary.

Little Chef's TIP: Kids can help with separating the noodles.



Garnish and Serve

- Divide the **beef stroganoff noodles** between bowls.
- Garnish with a sprinkling of the remaining **scallion**.

Enjoy!