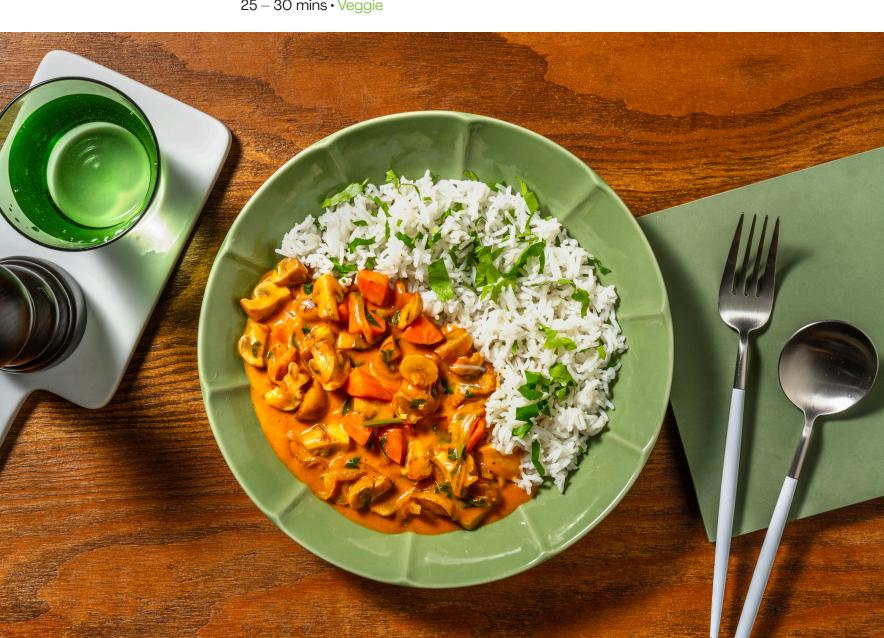


Mushroom Stroganoff with cooling creme fraiche and parsley rice

25 – 30 mins • Veggie

















Worcester Sauce

Creme Fraiche













Pantry Items: Water, Salt, Oil, Pepper



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	110 g	220 g
Mustard	½ sachet	1 sachet
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	413.8 g	100 g
Energy (kJ/kcal)	2225.9 kJ/ 532 kcal	537.9 kJ/ 128.6 kcal
Fat (g)	16.4 g	4 g
Sat. Fat (g)	8.7 g	2.1 g
Carbohydrate (g)	81.1 g	19.6 g
Sugars (g)	12.3 g	3 g
Protein (g)	14 g	3.4 g
Salt (g)	2.8 g	0.7 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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Cook the Rice

- Pour 300ml cold **salted water** (per 2P) 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, 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.



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**. Reduce the heat to medium-high.
- Add the paprika and cook until fragrant, 1 min more.



Make the Sauce

- Stir the stock into the pan along with 75ml water (per 2P) and half a sachet of mustard (per 2P).
- Add the 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 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.
- Stir to ensure it's evenly distributed throughout, fluffing it up as you go.



Finish and Serve

- Divide the parsley rice between deep plates or bowls.
- Serve the fragrant **mushroom** stroganoff alongside.

Enjoy!