

Beef Stroganoff

with mushrooms and creamy mash

20 – 25 mins

23



Beef Strips



Mushrooms



Creme Fraiche



Potatoes



Parsley



Paprika



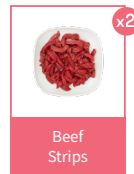
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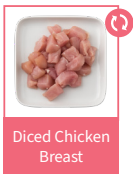
Garlic



Carrot



Beef Strips



Diced Chicken Breast

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.

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

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
Crema Fraiche	110 g	220 g
Potatoes	600 g	1200 g
Parsley	5 g	10 g
Paprika	2 sachets	4 sachets
Stock	1 sachet	2 sachets
Garlic	1 unit	2 units
Carrot	1 unit	2 units
Beef Strips	500 g	1000 g
Diced Chicken Breast	260 g	520 g

Nutrition

		Recipe 1	Recipe 2
for uncooked ingredient	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	368.6 kJ/ 88.1 kcal	387 kJ/ 92 kcal	364 kJ/ 87 kcal
Fat (g)	2.9 g	2.9 g	2.5 g
Sat. Fat (g)	1.6 g	1.5 g	1.5 g
Carbohydrate (g)	10.5 g	8.8 g	10.4 g
Sugars (g)	1.4 g	1.2 g	1.4 g
Protein (g)	5.8 g	8.4 g	6.5 g
Salt (g)	0.4 g	0.3 g	0.3 g

See site or app for detailed nutritional info.

Allergens

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

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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**, **crema fraiche** and **half** the **parsley** to the pan.
- Stir in 75ml **water** (per 2P) 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!

CUSTOM OPTIONS



DICED CHICKEN BREAST

Adding chicken? Fry the chicken in the pan along with the chorizo and then follow the recipe as written.