



Mushroom Stroganoff

with cooling creme fraiche and parsley rice

25 – 30 mins • Veggie

10



Mushrooms



Rice



Worcester Sauce



Creme Fraiche



Mustard



Stock



Parsley



Onion



Paprika



Carrot

Pantry Items: Water, Salt, Oil, Pepper



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.

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

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

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	537.9 kJ/ 128.6 kcal
Fat (g)	4 g
Sat. Fat (g)	2.1 g
Carbohydrate (g)	19.6 g
Sugars (g)	3 g
Protein (g)	3.4 g
Salt (g)	0.7 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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Cook the Rice

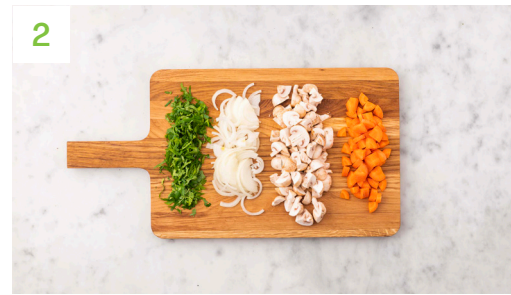
- Pour 300ml cold **salted water** (per 2P) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins then remove from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



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.



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.



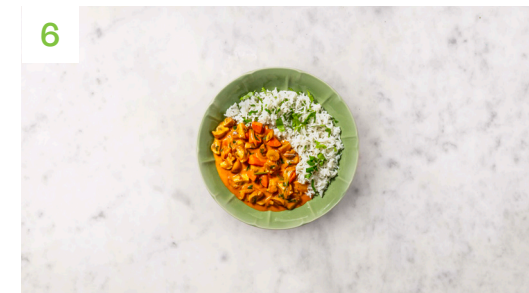
Garnish the Rice

- Add the remaining chopped **parsley** to the **rice**.
- Stir 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**. Reduce the heat to medium-high.
- Add the **paprika** and cook until fragrant, 1 min more.



Finish and Serve

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

Enjoy!