



BEEF STROGANOFF

Serves 4 | Serves of Veg 4 | 0:15 Prep | 0:35 Cook



NUTRITION PANEL

NUTRITION INFORMATION		
Servings per package: 4		
Serving size:	450 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2200 kJ	490 kJ
Protein	47.4 g	10.5 g
Fat, total	21.4 g	4.8 g
- saturated	9.7 g	2.2 g
Carbohydrate	32.6 g	7.2 g
- sugars	7.2 g	1.6 g
Sodium	540 mg	120 mg

SHOPPING LIST



Beef Steak



Brown onion



Butter



Worcestershire Sauce



Beef Stock



Light Sour Cream



Pasta



Pickled Cucumber (Cornichons)



Dill



Olive Oil



Mushroom



Plain Flour



Smoked Paprika



Tomato paste



Dijon Mustard



Salt & Pepper



Tinned Baby Beets



Parsley

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Ingredients

- 2 tbsp olive oil
- 500g beef steak, boneless, pat dry & cut into strips
- 1 large onion, sliced
- 300g mushroom, sliced
- 3 tbsp butter
- 2 tbsp plain flour
- 1 tbsp smoked paprika
- 1 tbsp Worcestershire sauce
- 1 tbsp tomato paste
- 1.5 cups beef stock, salt reduced
- 1 tbsp Dijon mustard
- 120ml sour cream
- salt & pepper
- 250g Pappardelle or Tagliatelle pasta
- 4 baby beetroot
- 4-7 pickled Cucumber (Cornichons), sliced
- Fresh parsley & Fresh Dill, torn to serve

Recipe Steps

1. Bring a pot of water to boil with generous handful of salt (*continue with steps while waiting to boil*). Cook **pasta** according package instructions - usually 10-12 mins. Drain & set aside.
2. Heat a **drizzle of olive oil** in a large fry pan over high heat. Add the **beef strips** in batches, cooking until just browned. Remove from the fry pan, set aside covered to keep warm & rest.
3. In the same pan on medium heat, add **sliced onion & mushrooms**. Cook until softened, about 5-7 mins. Add **butter**, when melted - stir in **plain flour & smoked paprika**, cooking for about 1 minute.
4. Slowly add the **beef stock, Worcestershire sauce, & tomato paste**, stirring continuously until the sauce thickens. Bring to simmer for 5 mins.
5. Stir in the **Dijon mustard & sour cream**. Add back rested beef strips & juices, check seasoning. Tip: if rested steak is still under for your liking, simmer in sauce for further 5 mins.
6. Serve stroganoff hot over **cooked pasta**, garnished with optional sliced pickled cucumbers, baby beetroot, and torn fresh herbs.