



# Cheat's Beef Stroganoff

with Mashed Potato & Veggies

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Broccoli



Carrot



Parsley



Button Mushrooms



Beef Strips



Sweet Paprika



Baby Spinach Leaves



Beef Stock



Sour Cream

Hands-on: **40-50 mins**  
Ready in: **45-55 mins**

Don't show this recipe to your Russian friends, because we've taken a few liberties with it to create a tasty version that's simple enough for weeknights. You'll still find the key elements of mushrooms, beef strips and sour cream, but we've added sweet paprika for flavour and served it with steamed veggies and a creamy mash to soak up the sauce.

*Unfortunately, this week's green beans were in short supply, so we've replaced them with broccoli. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Milk, Butter, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Large saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
brown onion	½	1
garlic	1 clove	2 cloves
broccolini	1 bunch	1 bunch
carrot	1	2
parsley	1 bunch	1 bunch
button mushroom	1 punnet	1 punnet
mushrooms	(150g)	(250g)
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
butter* (for the mash)	15g	30g
beef strips	1 packet	1 packet
butter* (for the sauce)	15g	30g
sweet paprika	¼ sachet	½ sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)
soy sauce*	½ tsp	1 tsp
water*	2½ tbs	½ cup
beef stock	1 sachet	1 sachet
sour cream	1 small packet	1 large packet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2460kJ (587Cal)	393kJ (94Cal)
Protein (g)	41.2g	6.6g
Fat, total (g)	26.9g	4.3g
- saturated (g)	16.0g	2.6g
Carbohydrate (g)	41.5g	6.7g
- sugars (g)	11.0g	1.8g
Sodium (mg)	868mg	139mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 1. Get prepped

Bring a large saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Thinly slice the **brown onion** (see **ingredients list**). Finely chop the **garlic** (or use a garlic press). Trim and halve the **broccolini** lengthways. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **parsley** leaves. Thinly slice the **button mushrooms**.



### 4. Start the stroganoff

Return the frying pan to a medium-high heat with a **drizzle of olive oil** and the **butter (for the sauce)**. When the butter has melted, add the sliced **mushrooms** and cook, stirring occasionally, until softened, **2 minutes**. Add the **onion** and cook, stirring, until softened, **5-6 minutes**. Add the **garlic**, **sweet paprika** (see **ingredients list**) and **baby spinach leaves** and cook until wilted, **1-2 minutes**.



### 2. Cook the veggies

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **15 minutes**. In the last **8 minutes** of cook time, place a colander or steamer basket on top of the saucepan and add the **broccolini** and **carrot**. Cover with a lid to steam until tender. Transfer the **broccolini** and **carrot** to a bowl and cover to keep warm. Drain the **potato** and return to the saucepan. Add the **milk**, the **salt** and **butter (for the mash)**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



### 5. Finish the stroganoff

Add the **soy sauce**, the **water** and **beef stock** to the frying pan. Bring to the boil, then reduce the heat to low. Add the **sour cream**, then return the **beef strips** to the pan and stir until warmed through. Season to taste.

**TIP:** Add a splash of water to loosen the sauce if needed.



### 3. Cook the beef

While the veggies are cooking, heat a large frying pan over a high heat with a **drizzle of olive oil**. When the oil is hot, add **1/2** the **beef strips** and cook until browned and cooked through, **1-2 minutes**. Transfer to a plate and repeat with the **remaining beef strips**. Season with **salt** and **pepper**.

**TIP:** Cooking the beef in batches over a high heat helps it stay tender.



### 6. Serve up

Divide the mashed potato, broccolini and carrot between plates. Top with the chef's beef stroganoff and sprinkle with the parsley.

### Enjoy!