



# Slow-Cooked Beef Stroganoff

with Buttery Rice & Steamed Veggies

Grab your Meal Kit with this symbol



Garlic



Tomato Paste



Herb & Mushroom Seasoning



Beef-Style Stock Powder



Baby Broccoli



Carrot



Lemon



Basmati Rice



Cream



Diced Beef



### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins  
Ready in: 1 hr 40 mins -  
1 hr 50 mins

The best things in life take time and this rather hands-off recipe will be worth the wait. Slow cook the beef in a tomato based sauce seasoned with garlic and herbs. You'll need a soft pile of rice, stirred through in garlic butter, to mop up all that stroganoff. Trust us, tonight's dinner is one you won't forget.

### Pantry items

Olive Oil, Plain Flour, Butter



## 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 ovenproof pot with a lid (or foil) · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
diced beef	1 packet	1 packet
<b>plain flour*</b>	1 tbs	2 tbs
tomato paste	1 packet	2 packets
herb & mushroom seasoning	1 sachet	2 sachets
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
<b>water*</b>	1 cup	2 cups
baby broccoli	1 bag	1 bag
carrot	1	2
lemon	½	1
<b>butter*</b>	20g	40g
basmati rice	1 packet	1 packet
cream	½ bottle (125ml)	1 bottle (250ml)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3444kJ (823Cal)	776kJ (185Cal)
Protein (g)	38.2g	8.6g
Fat, total (g)	38.4g	8.6g
- saturated (g)	22.8g	5.1g
Carbohydrate (g)	79.2g	17.8g
- sugars (g)	10.6g	2.4g
Sodium (mg)	1221mg	275mg

The quantities provided above are averages only.

## Allergens

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

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

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW31



1



## Brown the beef

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **garlic**. In a medium bowl, combine **diced beef**, the **plain flour** and a pinch of **salt** and **pepper**.
- In a large ovenproof pot, heat drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, tossing once, until browned, **2-3 minutes** (cook in batches if pan is getting crowded).
- Remove from heat, then add **tomato paste**, **herb & mushroom seasoning** and 1/2 the **garlic** and stir until fragrant, **1 minute**.

**TIP:** Add extra oil between batches if necessary.

4



## Cook the rice & veggies

- Boil the kettle. Half-fill a medium saucepan with boiling water. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- In the last **7 minutes** of cook time, place a colander or steamer basket on top of the pan, then add **carrot** and **baby broccoli**.
- Cover with a lid and steam until tender, **6-7 minutes**. Transfer veggies to a plate, then squeeze over some **lemon juice**. Season to taste and cover to keep warm.
- Drain **rice**, then return to saucepan. Add **garlic butter**, season and stir to combine.

**Little cooks:** Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!

2



## Bake the stroganoff

- To the pot with the beef, add **beef-style stock powder** and the **water** and stir to combine.
- Cover pot with a lid or tightly with foil. Bake in oven until beef is tender, **1 hour and 30 mins-2 hours**.

**TIP:** If you don't have an ovenproof pot, transfer mixture to a baking dish instead!

**Little cooks:** Help out with measuring the water.

5



## Finish the stroganoff

- When beef is done, gently stir in **cream** (see ingredients).

**TIP:** Add a splash of water if the sauce looks too thick.

3



## Get prepped

- When beef has **20 minutes** remaining, trim **baby broccoli**. Thinly slice **carrot** into sticks. Cut **lemon** into wedges.
- In a small heatproof bowl, melt the **butter** and remaining **garlic** in the microwave in **10 second** bursts.

6



## Serve up

- Divide buttery rice, slow-cooked beef stroganoff and steamed veggies between plates.
- Spoon over any remaining sauce. Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

We need your expertise!

Let our Culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)