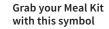
Slow-Cooked Beef Stroganoff

with Buttery Rice & Steamed Veggies











Tomato Paste





Herb & Mushroom Seasoning

Beef-Style Stock Powder





Baby Broccoli





Lemon

Basmati Rice



Cream

Diced Beef

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 oven proof pot with a lid (or foil) \cdot Medium saucepan with a lid

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
diced beef	1 packet	1 packet
plain flour*	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)
water*	1 cup	2 cups
baby broccoli	1 bag	1 bag
carrot	1	2
lemon	1/2	1
butter*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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!



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.



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 hursts



Finish the stroganoff

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

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



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!



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