

Beef Stroganoff with Broccoli & Rice

The origin of Beef Stroganoff dates back to mid-19th Century Russia, but has certainly made its way around the world and has been embraced by all. Following history, we've invented our own healthy twist on this classic dish. Paprika adds flavour, yoghurt tenderises the beef and fresh parsley adds freshness. Delicious!





Pantry Items











Worcestershire



Jasmine Rice



Beef Stock Cube



Beef Stroganoff Strips



Brown Onion



Mushrooms



Paprika





Yoghurt





Parsley



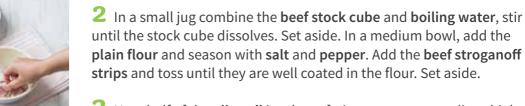
QTY	Ingredients	⊕ Ingre
1 ½ cups	Jasmine rice	in an
6 cups	hot water *	
1 cube	beef stock	* Pantr
1 cup	boiling water *	
2 tbs	plain flour *	Pre-p
600 g	beef stroganoff strips	
2 tbs	olive oil *	Nutritio
1	brown onion, finely sliced	Energy
1 punnet	mushrooms, sliced	Protein
2 tsp	paprika	Fat, total
2 tbs	Worcesterchire sauce *	-saturat
1 tub	yoghurt	Carbohyo
1 bunch	parsley, finely chopped	-sugars
1 head	broccoli, cut into small florets	Sodium

#	Ingredient features in another recipe				
*	Pantry Iter	ns			
	Pre-preparation				
N	Nutrition per serve				
E	nergy	2750	Kj		
Р	rotein	48.5	g		
Fa	at, total	17	g		
	-saturated	5.3	g		
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You will need: chef's knife, chopping board, sieve, medium saucepan with a lid, small jug, bowl, plate, large frying pan, spatula, and a medium saucepan.

Place the **Jasmine rice** in a sieve and rinse with water until it runs clear. Place the rice and **hot water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer for 10-12 minutes or until the rice is cooked. Drain and set aside.



Heat half of the **olive oil** in a large frying pan over a medium-high heat and cook the beef in two batches for 1-2 minutes, or until just browned. Remove the beef from the pan and set aside on a plate.

4 Return the same frying pan to a medium heat and add the remaining olive oil. Add the brown onion and cook stirring for 3 minutes or until soft. Add the mushrooms and paprika and cook for a further 4 minutes or until soft. Return the beef to the pan with the combined beef stock cube, boiling water and Worcestershire sauce. heat and stir through the **yoghurt** and **parsley** just before serving.

- Bring to the boil, then reduce the heat to medium-low and simmer for 10 minutes or until the sauce has slightly thickened. Remove from the
- Meanwhile, bring a small saucepan of water to the boil. Add the broccoli and cook for 2-3 minutes or until just tender. Drain.
- 6 To serve, divide the rice between bowls. Spoon over the beef stroganoff and serve with the broccoli on the side.





