



Cheat's Beef Stroganoff

with Mashed Potato & Veggies

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Green Beans



Carrot



Parsley



Beef Strips



Sliced Mushrooms



Sweet Paprika



Baby Spinach Leaves



Beef Stock



Sour Cream

Hands-on: **35 mins**
Ready in: **40 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

We've taken a few liberties with this Russian classic to make it simple enough for weeknights. You'll still find the key elements of mushrooms, beef and sour cream, but we've added soy sauce for extra flavour and served it with mash to soak up the sauce.

Pantry items
Olive Oil, Milk, Butter, Soy Sauce (or Gluten-Free Tamari Soy Sauce)

Before you start

Our fruit and veggies need a little wash first!

You will need

Large saucepan · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
potato	4
brown onion	1
garlic	2 cloves
green beans	1 bag (200g)
carrot	2
parsley	1 bag
milk*	½ cup
salt*	½ tsp
butter* (for the mash)	30g
beef strips	1 packet
butter* (for the sauce)	30g
sliced mushrooms	1 packet (150g)
sweet paprika	½ sachet
baby spinach leaves	1 bag (60g)
soy sauce* (or gluten-free tamari soy sauce)	1 tsp
water*	½ cup
beef stock	1½ cubes
sour cream	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2460kJ (588Cal)	387kJ (93Cal)
Protein (g)	39.4g	6.2g
Fat, total (g)	28.1g	4.4g
- saturated (g)	16.6g	2.6g
Carbohydrate (g)	40.0g	6.3g
- sugars (g)	12.2g	1.9g
Sodium (g)	783mg	123mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



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**. Finely chop the **garlic** (or use a garlic press). Trim the **green beans**. Slice the **carrot** (unpeeled) into half-moons. Roughly chop the **parsley**.



4. Start the stroganoff

Return the frying pan to a medium-high heat and add 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 fragrant and the spinach has 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 **carrot**. Cover with a lid to steam. In the last **5 minutes** of cook time, add the **green beans** to the colander, cover and steam until tender. Transfer the **carrot and green beans** to a medium bowl and cover to keep warm. Drain the **potato**, return to the pan and add the **milk, salt and butter (for the mash)**. Mash with a potato masher or fork until smooth. Cover to keep warm.



5. Finish the stroganoff

Add the **soy sauce, water and 1 1/2 crumbled beef stock** cubes to the frying pan. Bring to the boil, then reduce the heat to low. Add the **sour cream and beef strips** and stir until warmed through. Season to taste with **salt and pepper**. Add a **splash of water** to loosen the sauce if needed.

TIP: Soy sauce enhances the umami flavours in the stroganoff!



3. Cook the beef

While the veggies are cooking, heat a **drizzle of olive oil** in a large frying pan over a high heat. 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 meat in batches over a high heat helps it stay tender.



6. Serve up

Divide the mashed potato between plates and top with the beef stroganoff. Serve the green beans and carrot on the side, and sprinkle with the parsley.

Enjoy!