



Cheat's Beef Stroganoff

with Mashed Potato & Veggies



Grab your Meal Kit with this symbol



Potato



Green Beans



Carrot



Brown Onion



Garlic



Parsley



Beef Strips



Sliced Mushrooms



Sweet Paprika



Beef Stock



Sour Cream

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Eat me early

We've adapted this Russian fave by adding soy sauce – it's the secret ingredient that adds loads flavour to this dish while keeping the cooking time low! But you'll still find the key elements of mushrooms, beef strips and sour cream, plus a creamy mash to soak up the sauce.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
brown onion	½	1
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
butter* (for the mash)	20g	40g
beef strips	1 small packet	1 large packet
butter* (for the sauce)	20g	40g
sliced mushrooms	1 bag (150g)	1 bag (300g)
sweet paprika	¼ sachet	½ sachet
soy sauce*	1 tsp	2 tsp
water*	½ cup	¾ cup
beef stock	1 cube	2 cubes
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2876kJ (687Cal)	415kJ (99Cal)
Protein (g)	46.3g	6.7g
Fat, total (g)	33.9g	4.9g
- saturated (g)	18.4g	2.7g
Carbohydrate (g)	44.8g	6.5g
- sugars (g)	15.6g	2.3g
Sodium (mg)	983mg	142mg

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/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. Trim and halve the **green beans**. Slice the **carrot** (unpeeled) into half-moons. Thinly slice the **brown onion** (see **ingredients list**). Finely chop the **garlic** (or use a garlic press). Roughly chop the **parsley** leaves.



4. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **green beans**, **carrot** and a **splash** of **water** and cook until tender, **4-5 minutes**. Transfer to a bowl and cover to keep warm.



2. Make the mash

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **15 minutes**. Drain the **potato** and return to the saucepan. Add the **milk**, **salt** and **butter (for the mash)**, then mash with a potato masher or fork until smooth. Cover to keep warm and set aside.



5. Make the stroganoff

Return the frying pan to a medium-high heat, add a **drizzle** of **olive oil** and the **butter (for the sauce)**. When the butter is melted, add the **sliced mushrooms** and cook until softened, **2 minutes**. Add the **onion** and cook, stirring, until softened, **5-6 minutes**. Add the **sweet paprika** (**1/2 tsp for 2 people / 1 tsp for 4 people**) and the **garlic** and cook until fragrant, **1-2 minutes**. Add the **soy sauce**, **water** and **crumbled beef stock** (**1 cube for 2 people / 2 cubes for 4 people**). Bring to the boil, then reduce heat to low. Add the **sour cream** and **beef strips** and stir until warmed through. Season to taste.



3. Cook the beef

While the potato is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a high heat. When the oil is hot, add the **beef strips** in batches 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**. Set aside.

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!