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Healthy Beef Stroganoff with Fusilli Pasta

This Russian Stroganoff is every bit as tasty as the classic version with a few HelloFresh twists. Yoghurt is a healthy alternative to sour cream and also adds delicious tanginess to silky, melt in your mouth mushroom and beef strips. Fusilli spirals are perfect for catching all of that delicious sauce!

 **Prep:** 10 mins
 **Cook:** 15 mins
Total: 25 mins
 **high protein**

 **level 1**
 **high fibre**

Pantry Items



Plain Flour



Olive Oil



Water



Worcestershire Sauce



Beef Stroganoff Strips



Fusilli Pasta



Broccoli



Red Onion



Mushrooms



Paprika



Beef Stock



Greek Yoghurt



Parsley

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2P	4P	Ingredients
1 tbs	2 tbs	plain flour *
300 g	600 g	beef stroganoff strips
200 g	400 g	fusilli pasta (recommended amount)
1 head	2 heads	broccoli, cut into small florets
1 ½ tbs	3 tbs	olive oil *
½	1	red onion, finely sliced
1 punnet	2 punnets	mushrooms, sliced
1 tsp	2 tsp	paprika
1 cube	2 cubes	beef stock, crumbled
½ cup	1 cup	boiling water *
1 tbs	2 tbs	Worcestershire sauce *
½ tub	1 tub	Greek yoghurt
½ bunch	1 bunch	parsley, finely chopped

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3200	Kj
Protein	56.2	g
Fat, total	20.9	g
-saturated	5.3	g
Carbohydrate	80.8	g
-sugars	7.4	g
Sodium	493	mg



You will need: *chef's knife, chopping board, medium saucepan, medium bowl, colander, large frying pan, wooden spoon, and a plate.*

1 Bring a medium saucepan of water to the boil.

2 In a medium bowl, add the **plain flour** and season with **salt and pepper**. Add the **beef stroganoff strips** and toss until they are well coated.



3 Add the **fusilli pasta** to the saucepan of boiling water and cook for **10-12 minutes** or until 'al dente'. Add the **broccoli** in the last **1-2 minutes** or until just tender. Drain.

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



5 Return the same frying pan to a medium heat and add the remaining olive oil. Add the **red onion** and cook, stirring, for **3 minutes** or until soft. Add the **mushroom** and **paprika** and cook for a further **4 minutes** or until soft. Return the beef to the pan with the **crumbled beef stock**, **boiling water** and **Worcestershire sauce**, stir to combine. Bring to the boil, then reduce the heat to medium-low and simmer for **5 minutes** or until the sauce has slightly thickened. Remove from the heat and stir through the **Greek yoghurt** and **parsley** just before serving. Season to taste with salt and pepper.



6 To serve, divide the pasta between bowls, spoon over the beef stroganoff and serve the broccoli on the side.

Did you know? Legend has it that French champagne was invented by mistake and was initially considered inferior to white wine. Russians, in their love for all things French, loved it anyway!