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Mushroom Beef with Herby Fettuccine

What a treat! This mushroom and beef fettuccine is so rich and tasty you'll be fighting over seconds. It's what is known in the business as a 'umami bomb' – layers upon layers of delicious savoury flavours. Hard to describe, but very, very easy to eat.



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1

Pantry Items



Olive Oil



Plain Flour



Worcestershire Sauce



Boiling Water



Fettuccine



Parsley



Beef Strips



Brown Onion



Garlic



Mushrooms



Chicken Stock



Greek Yoghurt

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2P	4P	Ingredients
200 g	400 g	fettuccine (note: using extra pasta may alter flavour)
1 ½ tbs	3 tbs	olive oil *
1 bunch	2 bunches	parsley, leaves picked & roughly chopped
1 tbs	2 tbs	plain flour *
1 packet	2 packets	beef strips
½	1	brown onion, finely sliced
1 clove	2 cloves	garlic, peeled & crushed
1 punnet	2 punnets	mushrooms, finely sliced
½ cube	1 cube	chicken stock, crumbled
½ cup	1 cup	boiling water *
½ tbs	1 tbs	Worcestershire sauce *
1 tub	2 tubs	Greek yoghurt

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3090	Kj
Protein	51.8	g
Fat, total	21.5	g
-saturated	6.4	g
Carbohydrate	80	g
-sugars	7.3	g
Sodium	200	mg



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

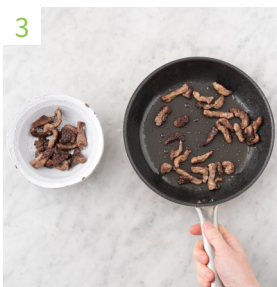
1 In a large saucepan bring some salted water to the boil. Add the **fettuccine** to the boiling water and cook for approximately **10 minutes**, or until “al dente”, stirring regularly to ensure the pasta does not stick. Drain and return to the saucepan. Pour over half of the **olive oil** and the **parsley** (reserve a teaspoon for the garnish). Toss to coat the pasta. Set aside.

Note: be sure to add the correct amount of pasta in order for your dish to be perfectly balanced, just the way we planned it!

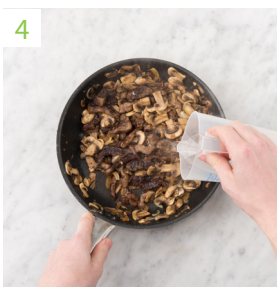


2 In a medium bowl, add the **plain flour** and season with **salt** and **pepper**. Add the **beef strips** and toss until they are well coated.

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



4 Return the same frying pan to a medium-high heat. Add the **brown onion** and **garlic** and cook, stirring, for **4-5 minutes**, or until soft. Add the **mushrooms** and cook for a further **4 minutes**, or until soft. Return the beef to the pan with the **chicken stock cube**, **boiling water** and **Worcestershire sauce**. 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** just before serving.



5 To serve, divide the herby fettuccine between bowls. Top with the mushroom beef and remaining parsley. Enjoy!

Did you know? Worcestershire sauce was invented in the 1830s.